



Easy Chicken and Egg Noodle Soup

Add Asian flavors to a traditional chicken soup using soy sauce, garlic, and ginger.

CACFP CREDITING INFORMATION

1 ¼ cups (portion with 12-fl-oz ladle, fill ¾ of the ladle to provide 10 fl oz) provides 1 ½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		2 Tbsp 2 tsp		½ cup	<ol style="list-style-type: none"> Heat canola oil in a large pot or tilting kettle over medium–high heat. Add onions and cook for 5 minutes or until onions are soft. Stir in ginger, garlic, salt, and pepper. Cook for 3 minutes or until ginger and garlic become fragrant.
*Onions, fresh, peeled, ¼" diced	1 lb 1 oz	1 qt ¼ cup	2 lb 2 oz	2 qt ½ cup	
Ginger, fresh, grated OR ginger, ground		1 Tbsp 1 tsp OR 2 tsp		2 Tbsp 2 tsp OR 1 Tbsp 1 tsp	
*Garlic, fresh, minced OR garlic, jar, minced		4 cloves OR 2 tsp		8 cloves OR 1 Tbsp 1 tsp	
Salt, table		1 tsp		2 tsp	
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken breast, boneless, skinless, cooked, ½" diced	2 lb 6½ oz	2 qt 1⅔ cup	4 lb 13 oz	1 gal 3⅓ cup	<p>4 Add chicken, chicken broth, and soy sauce. Bring to a boil and continue cooking on medium–high heat, about 15–17 minutes.</p> <p>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
Chicken broth, low-sodium	168 fl oz	1 gal 1 qt 1 cup	336 fl oz	2 gal 2 qt 2 cup	
Soy sauce, low-sodium		½ cup		1 cup	
Stir-fry/Chinese egg noodles, enriched, uncooked	12½ oz		1 lb 9 oz		<p>5 Stir in noodles and cabbage. Cook for 4 minutes or until noodles are soft.</p>
*Cabbage, fresh, shredded	12½ oz	1 qt 2¼ cup	1 lb 9 oz	3 qt ½ cup	
*Spinach, fresh, baby leaves, whole, packed	1 lb 1 oz	1 gal	2 lb 2 oz	2 gal	<p>6 Stir in spinach, green onions, and sesame oil. Remove from heat.</p> <p>Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
*Green onions with tops, fresh, chopped	2 oz	⅔ cup	4 oz	1¼ cup	
Sesame oil		2 tsp		1 Tbsp 1 tsp	
					<p>7 Serve 1¼ cups (portion with 12 fl oz ladle, fill ¾ of the ladle to provide 10 fl oz).</p> <p>Hold at 140 °F or higher.</p>



NUTRITION INFORMATION

For 1 ¼ cups (portion with 12 fl oz ladle, fill ¾ of the ladle to provide 10 fl oz).

NUTRIENTS	AMOUNT
Calories	194
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Total fat	7 g
Saturated Fat	2 g
Cholesterol	54 mg
Sodium	402 mg
Total Carbohydrate	15 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	18 g
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Vitamin D	N/A
Calcium	55 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	1 lb 4 oz	2 lb 7 oz
Green onion	3 oz	5 oz
Garlic	4 cloves	8 cloves
Baby spinach leaves	1 lb 1 oz	2 lb 2 oz
Green cabbage	15 oz	1 lb 13 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

One clove is about ½ teaspoon minced.

Variations

For a lower cost option, cook raw chicken breast to 165 °F and cut into ½" diced pieces. For 25 servings use 3 lb 4¾ oz and for 50 servings use 6 lb 9½ oz.

If chicken is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Hold raw chicken at 40 °F or lower.

If serving younger children, chop spinach.

Spaghetti noodles may be substituted for the Asian egg noodles; however, cooking time will vary.

YIELD/VOLUME

25 Servings	50 Servings
16 lb 10 oz	33 lb 6 oz
1 gal 3 qt 3½ cup	3 gal 3 qt 3 cup

