

# Chicken or Turkey Noodle Soup

Meat-Grains/Breads

Soups

H-10

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or turkey stock, non-MSG		3 qt 3 cups		1 gal 3 ½ qt	<p>1. In a heavy pot, combine stock, celery, carrots (optional), onions, parsley (optional), pepper, and poultry seasoning. Bring to boil. Reduce heat and cover. Simmer for 20 minutes.</p> <p>2. Add noodles and chicken or turkey. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender.</p> <p>CCP: Heat to 165° F or higher.</p> <p>3. CCP: Hold at 140° F or warmer.</p> <p>Portion with 4 oz ladle (½ cup).</p>
*Fresh celery, chopped	6 oz	1 ½ cups	12 oz	3 cups	
*Fresh carrots, chopped (optional)	3 oz	¾ cup	6 oz	1 ½ cups	
*Fresh onions, chopped OR Dehydrated onions	3 oz	½ cup OR ¼ Tbsp	6 oz	1 cup OR ½ cup	
Dried parsley (optional)		1 Tbsp		2 Tbsp	
Ground black or white pepper		¼ tsp		½ tsp	
Poultry seasoning		¼ tsp		½ tsp	
Enriched medium noodles	5 ½ oz	1 qt	11 oz	2 qt	
*Cooked chicken or turkey, chopped	13 oz		1 lb 10 oz		

\* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Celery	8 oz	1 lb
Carrots	4 oz	8 oz
Mature onions	4 oz	8 oz
Chicken, whole, without neck and giblets OR	2 lb 5 oz OR	4 lb 10 oz OR
Turkey, whole, without neck and giblets	1 lb 12 oz	3 lb 8 oz

# Chicken or Turkey Noodle Soup

Meat-Grains/Breads

Soups

H-10

SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) provides ½ oz of cooked poultry and the equivalent of ¼ slice of bread.	<b>25 Servings:</b> 7 lb 1 oz <b>50 Servings:</b> 14 lb 2 oz	<b>25 Servings:</b> 3 quarts ½ cup <b>50 Servings:</b> about 1 gallon 2 ¼ quarts
Tested 2004		

Nutrients Per Serving					
<b>Calories</b>	61	<b>Saturated Fat</b>	0.39 g	<b>Iron</b>	0.58 mg
<b>Protein</b>	5.47 g	<b>Cholesterol</b>	21 mg	<b>Calcium</b>	9 mg
<b>Carbohydrate</b>	6.18 g	<b>Vitamin A</b>	21 IU	<b>Sodium</b>	33 mg
<b>Total Fat</b>	1.50 g	<b>Vitamin C</b>	0.5 mg	<b>Dietary Fiber</b>	0.4 g