

Amish Style Chicken & Corn Soup

Amount	Measure	Ingredient
1/2		Stewing hen or fowl;
2	Quart	Chicken stock or broth
1/4	Cup	Onion; coarsely chopped
1/2	Cup	Carrots; coarsely chopped
1/2	Cup	Celery; coarsely chopped;
1	Teaspoon	Saffron threads; (optional)
3/4	Cup	Corn kernels; (fresh/frozen)
1/2	Cup	Celery; finely chopped
1	Tablespoon	Parsley; fresh chopped
1	Cup	Egg noddles; cooked

Directions:

Combine stewing hen with chicken stock, coarsely chopped onions, carrots, celery, and saffron threads. Bring the stock to a simmer. Simmer for about 1 hour, skimming the surface as necessary. Remove and reserve the stewing hen until cool enough to handle; then pick the meat from the bones. Cut into neat little pieces. Strain the saffron broth through a fine sieve. (Note: The soup can be made through this step in advance. Simply refrigerate broth and diced chicken meat for 2 to 3 days, or freeze the broth and the chicken meat in separate conveniently sized containers. Be sure to label and date them.

To use, defrost, remove congealed fat, return the broth full boil, and add the diced meat. Continue with recipe.) Add the corn, celery, parsley, and cooked noodles to the broth. Return the soup to a simmer and serve immediately.

Food Exchanges per serving: 1 LEAN-MEAT EXCHANGE + 2 VEGETABLE EXCHANGES
CAL: 110; CAR: 10g; PRO: 13g; CHO: 25mg; SOD: 65mg; FAT: 2g;

Source: Diabetes Forecast Dec 1993

Brought to you and yours via Nancy O'Brion and her Meal-Master

Category: Diabetic, Poultry, Vegetables, Crockpot

Yield: 8 Servings

Contributed By:

Prep Time:

Calories:

Fat:

Rating:

From the private recipe collection of:

Sample User
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Report Produced with Homeventory