



Peanut Butter Vegetable Chicken Soup

10 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 8 cups low-sodium chicken broth
- 2 cups cooked chicken meat, diced
- 1 cup potatoes, peeled and cubed
- 1 cup carrots, diced
- 1 cup zucchini, diced
- 1 cup broccoli florets
- 1 cup canned whole tomatoes, chopped
- ½ cup celery, chopped
- ½ cup onion, chopped
- ½ cup green bell pepper, chopped
- 2 cloves garlic, minced
- ½ cup peanut butter
- 1 Tablespoon parsley, chopped
- Freshly ground black pepper, to taste
- Optional: 1 teaspoon red pepper flakes

DIRECTIONS

1. In a large stock pot, combine the broth, chicken, potatoes, and carrots. Bring the soup to a boil and then reduce heat to medium. Cook for about 10 minutes until vegetables are tender.
2. Add zucchini, broccoli, tomatoes, celery, bell pepper, and garlic. Simmer for about 8 minutes.
3. Add peanut butter, parsley, and red pepper flakes. Stir until peanut butter is fully blended. Simmer for 3 minutes longer.

Nutrition Facts

10 servings per container	
Serving size	1 cup
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 180mg	8%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 250mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank



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