

16

Comforting Chicken Meal-in-a-Bowl



Onion, thinly sliced	1	150 g
Carrots, sliced	2	140 g
Chicken broth	1.75 L	7 cups 1.7 kg
Cabbage, coarsely chopped	1 L	4 cups 405 g
Celery stalks, coarsely chopped	2	125 g
Turnip, small, diced	1	275 g
Onion powder	5 ml	1 teaspoon 3 g
Garlic powder	5 ml	1 teaspoon 2 g
Salt and pepper	To taste	
All-white diced chicken, fully cooked (816-8122)	2 lbs.	900 g
Mozzarella cheese, grated	250 ml	1 cup 120 g

- : 10
- : 15 minutes
- : 17 minutes
- : yes

Nutrition Facts	
For 1 portion (365 g)	
Amount	% Daily Value
Calories 200	
Fat 3.5 g	5%
Saturated 1.5 g	
+ trans 0.2 g	9%
Polyunsaturated 0.1 g	
Omega-6 0.1 g	
Omega-3 0 g	
Monounsaturated 0.5 g	
Cholesterol 65 mg	22%
Sodium 540 mg	23%
Potassium 440 mg	13%
Carbohydrates 7 g	2%
Fibre 2 g	8%
Sugar 3 g	
Protein 35 g	
Vitamin A 202 RE	20%
Vitamin C 4 mg	6%
Calcium 138 mg	15%
Iron 1.1 mg	8%
Phosphorus 110.4 mg	10%

- 1 Place all ingredients, except chicken and cheese, in a large kettle.
- 2 Bring to a boil and cook for 15 minutes.
- 3 Add chicken, bring to a boil once more and continue boiling for 2 minutes.
- 4 Pour immediately into bowls and sprinkle cheese in each bowl.

<p>Chef's Remarks</p> <p>Comforting food that soothes the senses.</p>	<p>Canada's Food Guide Portions</p> <p>1 ¾ servings of vegetables and fruit + ¼ serving milk and alternatives + 1 ¼ servings meat and alternatives.</p>	<p>Olymel Product Allergens</p> <p>*Contains : none</p>	<p>Food Exchange System</p> <p>1 ½ servings of vegetables + 4 servings of meat and alternatives.</p>
--	--	--	---

*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)