**![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QSPRHNK\MC900371014[1].wmf]()![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QSPRHNK\MC900214951[1].wmf]()CHICKEN VEGETABLE SOUP**

**With rice or noodles**

**One recipe per 2-3 people**

**![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1QSPRHNK\MC900290240[1].wmf]()Cooking principle:** Practice knife skills

25 mL rice **OR** 60 mL egg noodles

Water to cook rice or noodles – see instructions below

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**Chicken stock:**

500 mL cold water, heated

**![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\KQ19GV19\MC900290432[1].wmf]()![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2UIYIKI0\MC900237662[1].wmf]()**12 mL chicken soup base (powder)

Pinch black pepper

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1 small carrot, scrubbed or peeled, & **diced**

½ large celery stalk, **sliced**

¼ medium onion, **coarsely chopped**

1. Cook rice or noodles as follows:
2. For **RICE**: Bring 50 mL water and a pinch of salt to a boil in a small saucepan (pot).

Add rice to water and quickly stir with a fork. Cover immediately and turn heat to **LOW**. **Set timer** for 14 minutes. **DO NOT PEEK or lift lid**.

b) For **NOODLES**: Fill a small saucepan (pot) 2/3 full of cold water. Add ½ mL salt. Bring water to a boil. Stir in noodles and return water to a boil. Simmer/boil for 7-8 minutes or until noodles are “al dente” (tender but firm). **Drain** noodles in a colander before adding to soup.

1. Heat 500 mL cold water in the microwave oven (1½-2 min). Stir in soup base (powder) and pepper to taste. Stock powder is usually very salty so taste before adding any salt.
2. While waiting for the rice or noodles to cook and the stock water to heat, prepare vegetables. **WASH** carrots and celery. Peel carrot if desired. Cut carrot, celery and onion as described above in ingredient list. Have teacher check your vegetable cuts.
3. **Sauté** vegetables with about 5 mL of oil over medium-low heat in a medium saucepan (pot) until onions are translucent and celery is fork-tender but **NOT** browned.
4. **![C:\Users\Vint\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\3U2MY8AK\MC900215526[1].wmf]()**Add hot chicken stock to vegetables in the saucepan. **Simmer** until carrots are **just** fork tender.
5. Add cooked rice or **DRAINED** noodles to soup and simmer 2-3 minutes longer.
6. Meanwhile, set your table. Ladle hot soup into bowls and serve.