Chicken Vegetable Soup

6 cups chicken broth 16-ounce can of green beans
1 cup chopped potatoes 2 cups chopped chicken
1 cup chopped carrots 1/4 teaspoon salt
1 cup chopped onion 1/4 teaspoon pepper

1. Skim fat from broth.
2. Put broth, vegetables and meat in a large saucepan.
3. Simmer 30 minutes.
4. Season with salt and pepper.
5. Makes 12 servings

Per Serving:

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<table>
<thead>
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<tbody>
<tr>
<td>Calories</td>
<td>73</td>
</tr>
<tr>
<td>Sodium</td>
<td>709mg</td>
</tr>
<tr>
<td>Fat</td>
<td>1g</td>
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Source: Kansas State University's “Family Nutrition Program”