

# Let's Cook our Commodities!

## Chicken Sopas

### Ingredients

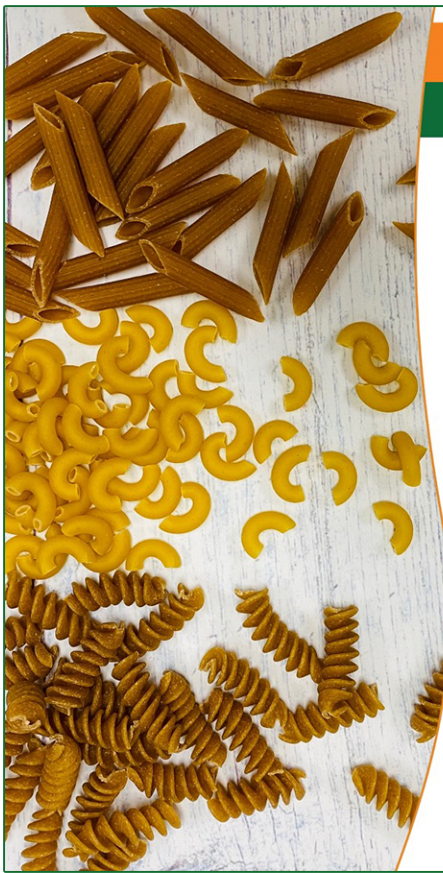
- 1.5 Tbsp. vegetable or Canola oil
- 1½ cup chicken breast, cubed
- 4 cloves garlic, diced
- 1 cup yellow onion, chopped
- 1½ cup dried pasta of your choice
- 1 Tbsp. fish sauce
- 1 tsp. black pepper
- ½ tsp. salt
- 1 can (15 oz.) low-sodium chicken or vegetable broth
- 8 cups water
- ½ cup carrot, cut into thin strips
- 1 green bell pepper, chopped
- ¼ cup celery, chopped
- ¼ head cabbage, chopped
- 1 can (12 oz.) evaporated milk or light coconut milk

**Makes**  
8 servings

**Prep Time**  
10 minutes

**Cook Time**  
1 hour 30 minutes

**Good Source of**  
Protein  
Calcium



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### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1.5 cup (456g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 450mg	<b>20%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 14g	
Vitamin D 2mcg	10%
Calcium 158mg	10%
Iron 1mg	6%
Potassium 416mg	8%

\*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.

### Directions

1. Heat ½ tablespoon of oil in a pan over medium heat. Sauté chicken until cooked thoroughly, about 5 minutes. Remove cooked chicken from pan and set aside.
2. In a large pot, heat remaining 1 tablespoon of oil over medium heat. Sauté garlic and onion until fragrant and tender, about 3 minutes.
3. Add pasta, fish sauce, black pepper, salt, and broth and bring to a boil, stirring occasionally to prevent pasta from sticking.
4. Add water and cover with lid. Bring back to a boil, then lower heat and let simmer for 20 minutes, stirring occasionally, until pasta is tender.
5. Add carrots and let simmer for 2 minutes.
6. Add the cooked chicken, bell pepper, celery, cabbage, and evaporated milk or coconut oil. Bring back to a boil and cook for an additional 5 to 7 minutes. Remove from heat.
7. Serve hot. Refrigerate leftovers.

