

Curried Chicken Soup

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

2 cups cooked chicken, cut up coarsely
1/4 cup butter or margarine
1 medium onion, minced
1 tart apple, peeled and chopped
3 cups chicken broth
1/4 teaspoon dried thyme OR 1
tablespoon fresh chopped thyme
1 tablespoon curry powder (or to
taste)
salt (to taste)
pepper (to taste)
1/4 cup raisins
1/4 cup salted peanuts, coarsely
chopped
1 cup cooked hot rice

Place the butter in a heavy casserole. Heat on the top of the stove. Simmer the onion and apple in it lightly, but do not brown.

Add the chicken broth, thyme, curry powder, salt, pepper and raisins. Cover. Bake for 30 minutes in a 350 degree oven.

When ready to serve, stir in the peanuts and check the seasoning.

Place 1/4 cup of rice in each soup plate and ladle the soup over the top.

Per Serving (excluding unknown items): 305 Calories; 16g Fat (46.8% calories from fat); 26g Protein; 14g Carbohydrate; 2g Dietary Fiber; 91mg Cholesterol; 746mg Sodium. Exchanges: 3 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	305	Vitamin B6 (mg):	.5mg
% Calories from Fat:	46.8%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	18.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	34.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	16g	Folacin (mcg):	13mcg
Saturated Fat (g):	8g	Niacin (mg):	11mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	91mg
Carbohydrate (g):	14g
Dietary Fiber (g):	2g
Protein (g):	26g
Sodium (mg):	746mg
Potassium (mg):	484mg
Calcium (mg):	32mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	473IU
Vitamin A (r.e.):	115 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	3 1/2
Vegetable:	1/2
Fruit:	1/2
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 305	Calories from Fat: 143
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% Daily Values*

Total Fat 16g	24%
Saturated Fat 8g	42%
Cholesterol 91mg	30%
Sodium 746mg	31%
Total Carbohydrates 14g	5%
Dietary Fiber 2g	6%
Protein 26g	
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Vitamin A	9%
Vitamin C	6%
Calcium	3%
Iron	8%

* Percent Daily Values are based on a 2000 calorie diet.