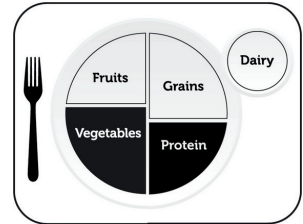
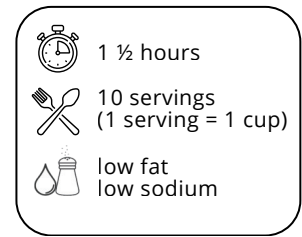


CHICKEN AND KABOCHA (JAPANESE PUMPKIN) SOUP

INGREDIENTS

- 1 medium **round onion**
- 2 medium **carrots**
- 1 pound **choy sum**
- 1 small **kabocha (Japanese pumpkin)** (about 2 ½ pounds or 6 cups chopped)
- 2 cloves **garlic**
- 2 pounds **skinless, boneless chicken breasts**
- 1 tablespoon **vegetable oil**
- 2 cups **water**
- 2 cups **reduced sodium chicken broth**
- 1 teaspoon **salt**
- 1 teaspoon **black pepper**



DIRECTIONS

Always practice food safety when cooking.

- 1) Slice onions into ½ inch pieces. Set aside.
- 2) Slice carrots into ½ inch pieces. Set aside.
- 3) Cut choy sum into 1 inch pieces. Set aside.
- 4) Remove seeds from kabocha and discard. Skin can be removed or left on the pumpkin. Chop into 1 inch cubes. Set aside.
- 5) Mince garlic. Set aside.
- 6) Cut chicken into bite-sized pieces.
- 7) In a medium pot on medium-high heat, add oil and sauté chicken until golden brown.
- 8) Add garlic, onions, salt, and pepper. Sauté for a few more minutes.
- 9) Add water, chicken broth, carrots, and kabocha.
- 10) Cover with a lid and bring to a boil. Cook until carrots and kabocha are tender. Test by poking a fork into a couple different pieces.
- 11) Reduce heat to medium.
- 12) Remove lid. Add choy sum and cook for 2 more minutes or until stems are tender but not limp.

NOTES

- Other vegetables such as bok choy, ung choy, and kai choy can be used.
- If a thicker soup is desired, add more kabocha to cook in the soup. When tender, remove the extra kabocha with some of the liquid and place in a bowl to cool for 15 to 30 minutes. When cool, place in a blender and blend until it is a smooth consistency. Add back into the soup and stir.

Nutrition Facts	
10 servings per container	
Serving size	1 cup (375g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 430mg	19%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 160mg	10%
Iron 2mg	10%
Potassium 507mg	10%

*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.

Adapted from College of Micronesia, EFNEP