

PROCEEDS FROM THE SALE OF THIS PRODUCT ARE USED TO PROVIDE MEALS TO THE MOST VULNERABLE MEMBERS OF OUR COMMUNITY.

## CHICKEN & VEGGIE SOUP

### PREPARATION GUIDE:

~ MEAL FOR 4 ~

### RECIPE SUGGESTION:

If you have access to vegetables, meaty bones or other proteins; add this to your pot.

Cook all ingredients with approx. 9 cups (2.25 L) boiling water.  
**STIR WHILE COOKING.**

### NUTRITIONAL INFO

**TOTAL (g)**  
Serving / 100

|                                     |     |     |
|-------------------------------------|-----|-----|
| Energy (kJ)                         | 497 | 947 |
| Protein (g)                         | 5.2 | 10  |
| Carbohydrates (g)                   | 22  | 42  |
| <i>of which total sugar (g)</i>     | 3   | 5.7 |
| Total Fat                           | 101 | 2.2 |
| <i>of which total Saturated Fat</i> | 0.2 | 0.3 |
| Dietary Fibre (g)                   | 4.7 | 9   |
| Sodium (g)                          | 0.1 | 0.2 |
| Cholesterol (mg)                    | 0.3 | 0.5 |
| Potassium (mg)                      | 182 | 346 |



### INGREDIENTS:

Beans & Pulses,  
Flavourings, Spices,  
Dehydrated vegetables.  
Allergens: Gluten.

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