

# Betty's 5-Minute Diet Chicken and Vegetable Soup Recipe



Uploaded on 10 May 2010

In this video, Betty demonstrates how to make her 5-Minute Diet Chicken and Vegetable Soup. The soup is hearty and delicious and will serve about 4 people. It is also very quick and easy for those of you who are trying to diet on the go! The version of soup that I made has 450 calories, so one serving has slightly over 100 calories. If you need a double serving, it will be only 225 calories. Remember, this is a complete meal, and you should not add crackers, croutons, etc., if you are using it for diet purposes. Your soup may have a different number of calories, depending on the brands of ingredients you use, but it should be close to 450 total. Just look on each container for the number of calories, and add them all up! (Cornstarch has 30 calories per tablespoon, so you may want to go light on that.)

## Ingredients:

14.5-oz. can chicken broth  
1 ½ to 2 tablespoons cornstarch  
10 oz. can chunk white chicken breast in broth, undrained  
15 oz. can mixed vegetables, drained (I used Veg-All.)  
Freshly ground black pepper for top of soup

In a medium pot, dissolve 1 ½ tablespoons cornstarch in a 14.5-oz. can of chicken broth. Add a 10-oz. can of chunk white chicken breast, undrained, and a 15-oz. can of mixed vegetables, drained. Stir all together, and bring to a boil over medium heat. Cook and stir occasionally, until soup is thickened and bubbly—about 5 minutes. Ladle desired amount into a soup bowl. Top with freshly ground black pepper, and serve immediately! Scrumptious, filling—and no guilt! Enjoy!!!