

Garden Chicken Stew



FIELD & FORK

CAMPUS FOOD PROGRAM
UNIVERSITY OF FLORIDA

Ingredients:

½ cup	Dehydrated carrots
½ cup	Dehydrated white onions
½ cup	Dehydrated green bell peppers
½ cup	Dehydrated celery
½ cup	Potato dices
½ cup	Orzo (or any small pasta)
2 Tbsp	Italian seasoning
9-10 cups	Water
3 Tbsp	Chicken boullion
12 oz can	Chicken (or pint jar)



Directions:

1. Combine carrots, onion, bell peppers, celery, potato dices, Italian seasoning, chicken bouillon, and water into a medium sized pot
2. Boil for 10-15 minutes
3. Add in orzo and chicken, include juice
4. Boil an additional 5-10 minutes
5. Serve hot