



Duck Soup

Makes 12 child size servings (1 per Child Sized Portion)

Preparation time: 20 minutes

Cooking time: 50 minutes

Potential allergens: Wheat

Equipment List

- Large pot
- Vegetable peeler
- Cutting knife
- Cutting board
- Mixing spoon
- Measuring cups and spoons

Nutrition Information

| | |
|---------------|--------------|
| Energy | 166 calories |
| Total Fat | 9.3 g |
| Saturated Fat | 3.1 g |
| Sodium | 81 mg |
| Carbohydrate | 12.3 g |
| Fibre | 1.8 g |
| Protein | 8 g |
| Sugar | 1.6 g |

What You Need

| INGREDIENTS | AMOUNTS | METRIC |
|------------------------------------|-----------|-----------|
| Ducks, plucked, cleaned and cut-up | 1-2 ducks | 1-2 ducks |
| Onion, diced | 1 | 1 |
| Celery, diced | 3 stalks | 3 stalks |
| Carrot, diced | 3 large | 3 large |
| Water | 16 cups | 4000mL |
| Rice | ½ cup | 125mL |
| Whole wheat macaroni | ½ cup | 125 mL |
| Salt and pepper to taste | | |

Instructions

- 1) Clean and chop onion, celery and carrots.
- 2) In a large pot over medium heat add ducks, onion, celery, carrots and water.
- 3) Boil for 30 minutes.
- 4) Add rice and macaroni and simmer until rice and macaroni are cooked.
- 5) Add salt and pepper to taste.



Recipe taken from Healthy Family Program Collective Kitchen Recipe Book for Northern Cooks