

www.purdue.edu/FoodLink

THYME

Selection Info

Look for vibrant green leaves. Avoid leaves that are yellow or have dark spots.

Preparation

Rinse gently in cool stream of water and pat dry before use.
Remove the leaves from the stem by gently sliding your finger down the stem.

Storage

Short-Term Storage: To store fresh thyme, wrap in a moist paper towel and place in a plastic bag in the refrigerator. It will keep for several days.

Long-Term Storage: Thyme can be frozen or dried.

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Looking for a source of fresh local fruits and vegetables???... Look here...www.purdue.edu/foodlink/about.php

Funding provided by USDA Speciality Crop Block Grant
Purdue University Cooperative Extension Service is an equal access/equal opportunity institution



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CHICKEN VEGETABLE SOUP WITH KALE

Ingredients

- 2 teaspoons vegetable oil 1/2 cup onion (chopped)
- 1/2 cup carrot (chopped)
- 1 teaspoon thyme (ground)
- 2 garlic clove (minced)
- 2 cups water or chicken broth
- 3/4 cup tomatoes (diced)
- 1 cup cooked chicken (skinned and
- 1/2 cup cooked brown (or white)
- 1 cup kale (chopped, about one large leaf)

Directions

- 1. Cook and cut up chicken; cook
- 2. Heat oil in a medium sauce pan, then add onion and carrot. Saute until they are tender (5-8 minutes).
- 3. Add thyme and garlic. Saute for one more minute.
- 4. Add water or broth, tomatoes, cooked rice, chicken, and kale.
- Simmer for 5-10 minutes, and





f Share your recipes!

Serving Size	1/3 of recip
Nutrients	Amount
Total Calories	180
Protein	17g
Carbohydrates	16g
Dietary Fiber	3g
Total Fat	5g
Saturated Fat	1g
Cholesterol	40mg
Sodium	85mg



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- 2 cups water or chicken broth 3/4 cup tomatoes (diced)
- 1 cup cooked chicken (skinned and cubed)
- 1/2 cup cooked brown (or white)
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Directions

- 1. Cook and cut up chicken; cook rice.
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Share your recipes!

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SOUP WITH KALE *Ingredients*

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CHICKEN VEGETABLE

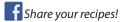
- 1/2 cup onion (chopped)
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- 1 teaspoon thyme (ground)
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- 3/4 cup tomatoes (diced)
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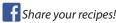
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