

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.



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
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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 cubed)
- 1/2 cup cooked brown (or white) rice
- 1 cup kale (chopped, about one large leaf)



Learn more about **THYME** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=thyme>.

Share your recipes!

Directions

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

Nutrition Information

Serving Size	1/3 of recipe
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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