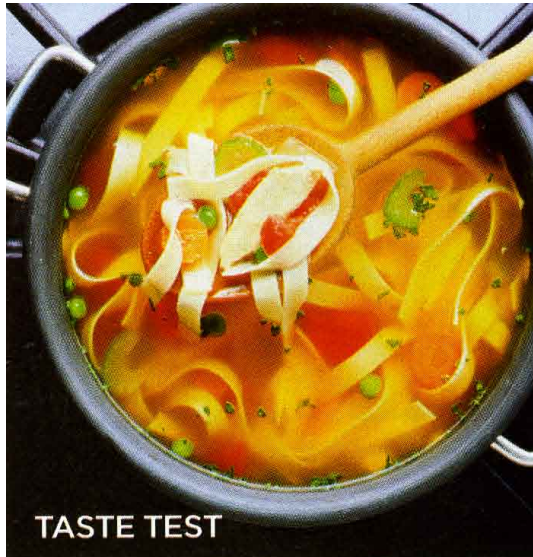


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TASTE TEST

Chicken Stock & Low-Sodium Broth

Good stock is like the foundation of a house—it lays the groundwork for a delicious soup, stew, or pan sauce (see our “1 Dish Dinners,” page 000). Trouble is, many packaged versions are drowning in sodium (often 1,000 milligrams per cup). We sampled 15 lower-sodium chicken broths and stocks in our search for a well-seasoned base.



First Place Swanson Natural Goodness Chicken Broth (\$1.25, 14-oz. can) is tops, say our 17 testers, because unlike a slew of other broths—ready for this?—it “tastes like chicken.”