

Chicken and Rice Soup

SERVES 4

Ingredients

FRESH PRODUCE

1 **small onion** | diced

2 **carrots** | peeled and sliced into coins

Juice of ½ **lemon** (optional)

PANTRY

4 cups of **vegetable or chicken broth** or water

2 4.5 ounces of **canned chicken** | drained

SPICES AND OILS

½ teaspoon **garlic powder**

1 teaspoon **thyme**

½ teaspoon **black pepper**

1 **bay leaf**

2 tablespoons **olive oil**

GRAINS

1 ½ cups cooked **brown rice**



EQUIPMENT



Cutting board



Spatula or spoon



Measuring spoons



Can opener



Knife



Large pot





Measuring cups

MIX IT UP AND MAKE IT YOUR OWN

- Bulk up the vegetables! You can add in frozen or fresh greens like spinach or kale, frozen or fresh cauliflower and broccoli.
- This recipe utilizes canned chicken. It is shelf-stable and affordable. If you prefer, you can use uncooked chicken, just dice it up and throw it in with your onions and carrots to brown slightly before adding the other ingredients OR if you have leftover chicken or turkey from another dish that is already cook, just chop it up and add it to your soup.
- Choose spices that you like or have on hand. The flavoring options are endless and it is always best to make something that smells delicious to you!

Directions

- 1 Prepare vegetables.
 - 2 Heat a large pot over medium-high heat.
 - 3 Add **olive oil** to the pan to coat the bottom and then add **onion and carrots**.
-  Cook for 3–5 minutes, stirring as needed until the onion becomes translucent.
- 4 Add **chicken** and **spices** to the pot and stir to combine.
 - 5 Add **broth (or water)** and **cooked rice**.
 - 6 Bring to a boil and reduce to a simmer.
-  Allow soup to cook for 10 minutes to bring the flavors together.
- 7 Squeeze the **juice of ½ lemon** into the broth.
 - 8 Taste and adjust seasoning as desired. Enjoy!
 - 9 Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

NOTES

Nutrition Facts

1 serving per container
 Serving size
 1 each

Calories
 per serving **390**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 10g	13%	Total Carbohydrate 59g	21%
Saturated Fat 1.5g	7%	Dietary Fiber 4g	15%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 40mg	13%	Includes 0g Added Sugars	0%
Sodium 270mg	12%	Protein 16g	

Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1.3mg 8% • Potassium 350mg 8%
 Phosphorus 240mg 20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BROWN RICE, CANNED CHICKEN, CARROT, OLIVE OIL, LEMON JUICE, BLACK PEPPER, GARLIC POWDER, THYME, BAY LEAVES, VEGETABLE BROTH, ONION