



# Chicken and Rice Soup

Servings 4 | Prep time 10 mins. | Total time 50 mins.

**Equipment:** Cutting board, measuring cups and spoons, large pot with lid

**Utensils:** Knife

## Ingredients

6 cups low sodium chicken broth

1 cup cooked chicken, cubed

1 cup uncooked brown rice

1 3/4 cups fresh vegetables, chopped (potatoes, carrots, celery, cabbage, etc.)

or 1 12 ounce bag of frozen, mixed vegetables

1/2 teaspoon garlic powder

1/4 teaspoon pepper

1/4 teaspoon salt (optional)

1 tablespoon dried parsley

# Instructions

1. Before you begin, wash your hands, surfaces, vegetables, and utensils.
2. Place the cooked chicken, broth and uncooked rice in a large saucepan over large heat and bring to a boil.
3. Lower the heat, cover the pan, and simmer for 15 minutes.
4. Add the chopped vegetables and seasonings and simmer for 10 to 15 minutes until the vegetables are tender.

## Nutritional Information:

Calories 290   Total Fat 3g   Sodium 880mg   Total Carbs 40g   Protein 21g