



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