



Chicken and Rice Soup

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

Equipment:

Cutting board
Large pot with lid

Utensils:

Knife
Measuring cups and spoons

Ingredients

6 cups low-sodium chicken broth
1 cup chicken, cooked and cubed
1 cup uncooked brown rice
1 3/4 cups fresh vegetables (such as: potatoes, carrots, celery, cabbage, etc.),
chopped OR 1 12 ounce package frozen vegetable mix
1 clove garlic, minced OR 1 teaspoon garlic powder
1/4 teaspoon black 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 pot over high heat. 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