



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 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 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