

Chicken and Rice Soup

Ingredients



Chicken



Carrots and Celery



Rice



Garlic and Onion



Broth or Stock

Instructions

Prep:

Prep Time: 10 minutes

Ingredients:

- 1 onion, diced
- 1 tablespoon garlic, minced
- 1 pound chicken
- 1 handful carrots, chopped or sliced
- 1 handful celery, chopped or sliced
- 1 cup rice
- 8 cups liquid (broth and water)

Optional:

- Can split the 8 cups of liquid any way you want between water and broth.
- Add thyme sprigs, rosemary, and a bay leaf for a deeper broth flavor.
- Seasonings like oregano, onion powder, garlic powder are great additions to the soup.
- Can use any kind of rice for this recipe!

Prep Tips:

- Chop the vegetables and cook the chicken beforehand to save time on cooking.
- Can cook rice ahead of time as well. If you are using pre-cooked rice in this recipe, cut down on the amount of liquid you add to the soup since the rice won't need to absorb as much liquid.

Cook:

Cook Time: 25 minutes

1. Dice, chop, and slice the onion, garlic, carrots, and celery. Set aside.
2. Cook the chicken in a pan to your liking, then set aside.
3. Heat some oil or butter in a pot over medium heat. Add the onion and garlic and cook for about 3-5 minutes or until tender.
4. Add the carrots and celery. Cook for about 5 minutes.
5. Add chicken broth and water to the pot and bring to a boil.
6. Add the chicken, rice, and any additional seasonings, turn down heat to medium-low, then simmer for about 15-20 minutes, or until rice is tender. Salt and pepper to taste.
7. Serve and Enjoy!

Cooking Options:

- For a creamy chicken and rice option, melt 2 tablespoons of butter in a pot over medium heat. When the butter is melted, add 2 tablespoons of flour and whisk together for 1-2 minutes. Add 2 cups of milk, stirring constantly so that it mixes evenly. Allow the mixture to come to a simmer.
- Once the mixture has thickened, pour the mixture into the soup and stir to combine. You may not need to use all the mixture depending on how much soup you make.