

INGREDIENTS

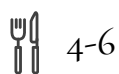
- 1 lb Chicken breast, cooked and diced
- 1/2 tsp Onion powder
- 1/2 tsp Garlic powder
- 1 tsp Poultry seasoning
- 1 cup Brown rice
- 3 1/2 cups Chicken broth (made from low-sodium chicken base)
- 1/4 cup Fresh celery, chopped
- 1/2 cup Carrots, diced or sliced, thawed
- 1/4 cup Fresh onions, chopped
- 2 Tbsp Dried parsley
- 1/2 tsp Black pepper
- 1 Tbsp Dried basil

INSTRUCTIONS

1. Dissolve 3 1/2 tbsp low-sodium chicken base in 3 1/2 cups warm water in a large pot to make broth.
2. In a large skillet, heat oil or butter. Sauté chopped onions, celery, and carrots until onions are translucent and carrots are soft (about 5-7 mins).
3. Add onion powder, garlic powder, poultry seasoning, black pepper, dried basil, and half the dried parsley to the skillet. Stir to coat vegetables, then transfer them to the pot of broth.
4. Mix in rice and diced chicken breast in the pot. Stir to combine.
5. Bring to a boil, then simmer for 30 mins.
6. Adjust seasonings to taste, adding more chicken base or salt if needed.
7. Serve hot, garnished with remaining dried parsley.
- 8.



Chicken & Rice Soup



4-6



Prep time 20 minutes

Cook time 35-37 minutes

Get ready to savor the comforting embrace of warm Chicken and Rice Soup! Imagine tender chicken mingling with hearty rice, as celery, carrots, and onions add a lively crunch. Seasoned with a sprinkle of parsley, basil, and black pepper, and bathed in a soothing, low-sodium chicken base, this soup is like a cozy hug on a chilly day. Gather 'round with those you love, and let this delightful dish bring smiles and warmth to your table. It's more than a meal; it's a celebration of homestyle goodness!

