



Quick Chicken Rice Soup

Adapted from *FoodHero.org*



Ingredients

- 4 cups **water**
- 4 cups low-sodium **chicken broth**
- 1/2 cup white **rice** or quick-cooking brown rice
- 1 cup **cooked** and chopped **chicken**
- 2 cups **mixed vegetables** (fresh, frozen, or canned, drained and rinsed)



Directions



Yield: 8 cups **Serving size:** 1 cup

1. Wash hands with soap and water.
2. In a large saucepan, bring water and broth to a boil. Add the rest of the ingredients. Reduce heat to simmer, cover the pan and cook for 20 minutes or until the rice and vegetables are tender. Serve warm.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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- 1 cup **cooked** and chopped **chicken**
- 2 cups **mixed vegetables** (fresh, frozen, or canned, drained and rinsed)
- 1 teaspoon **oregano** or thyme (or a mixture)



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2. In a large saucepan, bring water and broth to a boil. Add the rest of the ingredients. Reduce heat to simmer, cover the pan and cook for 20 minutes or until the rice and vegetables are tender. Serve warm.
Refrigerate leftovers within 2 hours or freeze for longer storage.

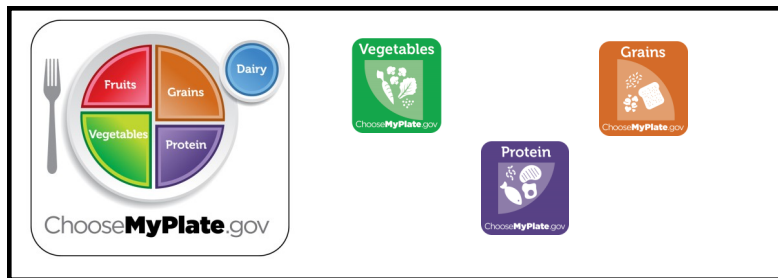
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Fast Facts



Featured Food Groups



Cooking Tips



- Try with brown rice. Simmer for 45 minutes or until the rice is tender.
- Try other seasonings, such as rosemary or crushed red pepper.

Nutrition Facts	
8 servings per container	
Serving size	1 cup (301g)
Amount per Serving	
Calories	110
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 70mg	3%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 246mg	6%
Vitamin A 139mcg	15%
Vitamin C 9mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

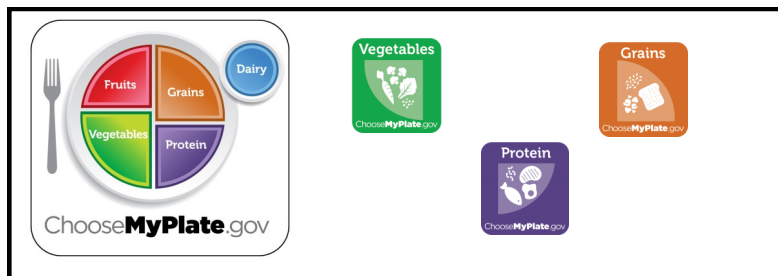
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