# **Quick Chicken Rice Soup**

Adapted from FoodHero.org



4 cups water

Ingredients

- 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)
- 1 teaspoon **oregano** or thyme (or a mixture)



#### **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.
  Refrigerate leftovers within 2 hours or freeze for longer storage.

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

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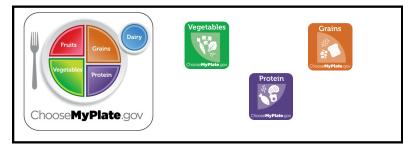
## **Fast Facts**





#### Featured Food Groups





### Cooking Tips 2



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

Serving size 1 cu	p (301g)
Amount per Serving  Calories	110
% Da	aily 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 %

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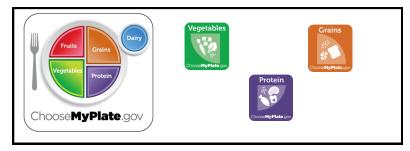


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#### **Nutrition Facts** 8 servings per containe 1 cup (301g) Serving size 110 **Calories** Total Fat 2g Saturated Fat 0.5q Trans Fat 0g Cholesterol 15mg 5% 3 % Sodium 70mg Total Carbohydrate 13g 5% Dietary Fiber 1g 4% Total Sugars 1g 0% Includes 0g Added Sugars Protein 9g Vitamin D 0mcg 0% Calcium 25mg 2% Iron 1mg 6% Potassium 246mg 6% 15% Vitamin A 139mcg 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.