

Chicken & Rice Soup



Ingredients

Directions

1/4 c.	Rice, uncooked	In a medium pot, combine all ingredients. Bring to a boil over medium-high heat. Reduce heat to low; simmer for 12-15 mins, stirring occasionally, until rice is tender. Adjust seasonings as necessary. Scoop into bowls; serve hot *Can be made in a crockpot.
1/2 c.	Onion, diced	
1/2 c.	Carrots, sliced	
2 1/2 c.	Chicken broth or water	
1 c.	Chicken, shredded	
2 tsp.	Garlic powder	
2-3 tsp.	Italian seasoning	
1/2 - 1 tsp.	Pepper	
To taste	Salt	

Prep: 5-10 mins.

Cook: 15-20 mins. Makes: 4 cups (4 -1 c. servings)

Nutrition Facts

4 servings per container	
Serving size	1 c.
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 550mg	24%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	24%

*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.

*Great source of
Vitamin A*



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