INGREDIENTS

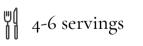
1/2 tsp Old Bay seasoning
1/8 tsp Onion powder
1/8 tsp Garlic powder
1/3 Poultry seasoning
1/2 cup Brown rice, long-grain, regular, dry,
parboiled
1 quart and 3 cups Water
1 Tbsp Low-sodium chicken base
2/3 cup Fresh celery, chopped
1 cup Frozen carrots, sliced, thawed
3/4 cup Fresh onions, chopped
1 1/3 tsp Dried parsley
1/3 tsp Dried basil
2 cups Cooked diced chicken cut into ½ pieces

INSTRUCTIONS

- 1. Preheat the oven to 350 degrees F.
- 2. In a medium saucepan, add Old Bay seasoning, onion powder, garlic powder, poultry seasoning, brown rice, water, and chicken base. Stir to combine.
- 3.Cook uncovered over medium-high heat. Bring to a boil.
- 4. Simmer uncovered over medium heat for 10-15 minutes or until rice is completely cooked.
- 5. Using a strainer, remove about 1/4 cup (3 oz) cooked rice. Set aside for step 9.
- 6. Add celery, carrots, onions, parsley, pepper, and basil to rice.
- 7. Cook uncovered for 10-15 minutes or until soft.
- 8. Puree rice and vegetable mixture with mixer for 3-5 minutes or until mixture has a smooth consistency.
- 9. Fold in reserved rice. If soup is a little thick, add 1/4 cup of water at a time until desired consistency is reached. Stir well.
- 10. Place 2 cups (8 oz) frozen chicken on a small baking sheet (8" x 8" x 2") lightly coated with cooking spray.
- 11. Bake at 350 degrees F for 5 minutes. Convection oven 325 for 4 minutes.
- 12. Combine chicken with the soup and rice mixture. Serve and enjoy!



Chicken and Rice Soup



Prep time 20 minutes Cook time 45 minutes

When it's cold outside, nothing hits the spot like a warm bowl of soup! Our Chicken and Rice Soup is a hearty dish filled with chunks of chicken, brown rice, celery, and onions in a savory broth that warms your soul. This recipe serves four to six but is easily adjusted for a crowd.



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