

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 Ground black or white pepper
- 1/3 tsp Dried basil
- 2 cups Cooked diced chicken cut into 1/2 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



4-6 servings



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.

