## INGREDIENTS

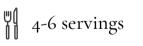
1/2 tsp Old Bay seasoning
1/8 tsp Onion powder
1/8 tsp Garlic powder
1/3 Poultry seasoning
1/2 cup Brown rice, long-grain, regular, dry,
parboiled
1 quart and 3 cups Water
1 Tbsp Low-sodium chicken base
2/3 cup Fresh celery, chopped
1 cup Frozen carrots, sliced, thawed
3/4 cup Fresh onions, chopped
1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