

Recipe of the Month – December 2020

Chicken and Rice Soup

Serves 6

Serving Size: 1 ½ cups

Cost per Serving: \$1.32

Ingredients:

- 1 pound chicken (*boneless, skinless*)
- ¾ cup rice (*brown rice or wild rice*)
- 1 cup celery, sliced (*2 large stalks celery*)
- 2 cups carrots, sliced (*4 large carrots*)
- 1 cup onions, diced (*1 medium onion*)
- 4 cups reduced sodium chicken broth
- 2 cups water
- 1 teaspoon ground black pepper
- 1 ½ teaspoons garlic powder
- 4 ounces ⅓ less fat cream cheese (*Neufchatel*)



Directions:

1. Place chicken, rice, vegetables, chicken broth, water, ground black pepper, and garlic powder in a slow cooker. Stir.
2. Cook on high for 4 hours or low for 8 hours.
3. Remove the chicken from the slow cooker and shred with a fork. Return shredded chicken to the soup.
4. Cut the cream cheese into cubes and stir into the soup until melted.

Stovetop Option:

- Combine chicken, rice, vegetables, chicken broth, water, ground black pepper, and garlic powder in a large saucepan. Cover and heat on high until boiling. Reduce heat to medium low and simmer for 45 minutes, stirring occasionally. Continue with steps 3 and 4 as written above.

Nutrition Facts per Serving: 270 calories, 8g total Fat (3g sat. fat), 70mg Cholesterol, 190mg Sodium, 25g Carbohydrates, 3g Fiber, 5g Sugar, 26g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2020 Nutrition & Fitness Calendar*