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