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# CHICKEN RICE SOUP

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(adapted from: [SpendwithPennies.com](https://www.spendwithpennies.com))

Ready in 45 Minutes | SERVES: 6

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## INGREDIENTS

1 tablespoon oil  
1 onion minced  
3 large carrots peeled & diced  
1 stalk celery diced  
1 teaspoon minced garlic  
1 teaspoon dried parsley  
1/2 teaspoon dried thyme  
1 teaspoon salt  
1/8 teaspoon black pepper  
5 cups low sodium chicken broth  
2 chicken breasts  
1 cup brown rice  
1 cup evaporated milk

## DIRECTIONS

- 1 | In a large soup pot, heat oil over medium-high heat. Add onion, carrots and celery and cook and stir for 3-4 minutes, until onion begins to turn golden.
- 2 | Add garlic, parsley and thyme and cook 1 minute.
- 3 | Add salt and pepper, broth, chicken. Add rice. Stir and bring to a boil over medium-high heat.
- 4 | Reduce heat to medium-low (a simmer), cover, and cook for 30 minutes, stirring every 10 minutes, or until vegetables and rice are tender.
- 5 | Remove chicken from pot and shred. Add back to the pot with evaporated milk.
- 6 | Serve.