

Chicken & Rice Soup

by Arkansas SNAP-Ed Staff - November 16, 2020



Serves 8

Whether you use canned chicken, prepared turkey, or rotisserie chicken, this veggie-packed soup is sure to warm you up. Even frozen vegetables would taste just as great as canned.

 **Ingredients**

 **Directions**

 **Nutritional Information**



- 1 can [chicken](#), un-drained (12 ½ ounces)
- 5 celery stalks (chopped)
- 1 medium onion (chopped)
- 1 teaspoon black pepper
- 1 tablespoon parsley
- 4 cups water
- 1 cup [rice](#), uncooked
- 1 ½ cups low-sodium carrots, drained (about 15 ounces)
- 1 can low-sodium green beans, drained (about 15 ounces)

In a large pot, over high heat, combine chicken, celery, onion, pepper, parsley, and water. Stir and bring to boil. Reduce heat to low and cook, covered, for 35 minutes.

Cook rice according to package directions.

Add carrots, green beans, and cooked rice to large pot and heat for 5 more minutes over medium heat. Serve hot.

Calories 190
Fat 4g
Protein 13g
Fiber 3g
Sodium 270mg
Carbohydrate 26g


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