

Chicken and Rice Soup

This easy recipe has mixed vegetables that are inexpensive and available year-round. Try this healthy soup to help you meet your goal of 7 to 10 servings of Vegetables and Fruit every day.



Ingredients:

2 legs	Chicken breast or legs	2 legs
4 Tbsp	Vegetable oil	60 mL
1 small	Onion, diced	1 small
8 to 10 cups	Water	2 to 2.5 L
1 Tbsp	Chicken soup base	15 mL
½ tsp	Thyme, dried	2 mL
1 tsp	Parsley, dried	5 mL
1 tsp	Pepper	5 mL
4 cups	Mixed frozen vegetables	1 kg bag
1 cup	Long grain rice	250 mL

Directions:

1. Remove skin from chicken pieces.
2. In a large pot, heat oil and add chicken. Cook until browned.
3. Add onion; cook until soft.
4. Add water, soup base, thyme, parsley and pepper.
5. Add mixed frozen vegetables and bring to a boil.
6. Add rice; cook uncovered on medium heat until rice is soft.
7. Remove meat from chicken pieces and return to the pot (discard the bones).
8. Add more water if the soup is too thick.
9. Adjust seasoning if required.

Makes 8 servings (375 mL / 1 ½ cup / 385 g)

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Nutrition Facts	
Per 1/8 of recipe (375 mL/ 1 ½ cup/ 385 g)	
Amount	% Daily Value
Calories 220	
Fat 8 g	12 %
Saturated 0.5 g + Trans 0 g	3 %
Cholesterol 5 mg	
Sodium 240 mg	10 %
Carbohydrate 31 g	10 %
Fibre 4 g	16 %
Sugars 3 g	
Protein 8 g	
Vitamin A	40 %
Vitamin C	6 %
Calcium	4 %
Iron	10 %

Nutrient Claim	Amount per serving
High in fibre	4 g
Low in saturated fat	0.5 g
Source of potassium	232 mg
High in magnesium	56 mg
Source of folate	24 mcg
Source of iron	1.4 mg

Food Group	Food Guide servings per recipe servings
Vegetables and Fruit	1
Grain Products	¼
Milk and Alternatives	0
Meat and Alternatives	¼

This is a Choose Sometimes recipe (Mixed Dish – Soup, meal-style) according to the Alberta Nutrition Guidelines.