



Chicken and Rice Soup

6 servings

- 4 cups low sodium chicken broth
- 2 cups water
- 1 pound chicken breast, skinless and boneless, cut into ½ inch chunks
- ³/₄ cup brown or wild rice, uncooked
- 1 cup celery, scrubbed with clean vegetable brush under running water, diced
- 2 cups carrots, scrubbed with clean vegetable brush under running water, diced
- 1 cup onions, scrubbed with clean vegetable brush under running water, diced
- 1 teaspoon ground black pepper
- 1 ½ teaspoon garlic powder
- 4 ounces reduced fat cream cheese, cubed
- 3 cups kale leaves, gently rubbed under cold running water, chopped



- 1. Wash hands with soap and water.
- 2. In a large saucepan, bring broth and water to a boil.
- 3. Add chicken, rice, celery, carrots, onions, pepper, and garlic powder. Wash hands after handling uncooked meat. Return to boil.
- 4. Cover, reduce heat, and simmer for 45 minutes, stirring occasionally.
- 5. Add cream cheese and kale. Stir until cream cheese is melted and cook for an additional 5 minutes.
- 6. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/6 of recipe): Calories 280, Total Fat 8g, Saturated Fat 3.5g, Cholesterol 75 mg, Sodium 220mg, Total Carbohydrate 28g, Dietary Fiber 3g, Sugars 5g, includes 0g Added Sugars, Protein 23g, Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 15%.

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