

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
- ¾ 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%.