

# Wednesday: Easy Chicken and Rice Soup

Serves 4-6

## Ingredients:

- 1-1/2 Tablespoons extra virgin olive oil
- 1 shallot or small onion, minced
- 1 cup shredded carrots
- 2 garlic cloves, pressed or minced
- homemade seasoned salt and pepper
- 1lb chicken breasts, cut into bite-sized pieces
- 8 cups gluten free chicken stock or broth
- 1 cup long grain white rice



## Directions:

1. Heat extra virgin olive oil in a large soup pot or Dutch oven over medium heat. Add shallots/onions and carrots then season with seasoned salt and pepper. Stir to combine then place a lid on top of the pot and cook until the vegetables are tender, 8-10 minutes, stirring occasionally. Add garlic then saute until very fragrant, 1-2 minutes.
2. Turn the heat up to high then add the chicken stock or broth and bring to a boil. Once boiling, add the rice then stir to combine. Turn the heat down to medium then simmer for 5 minutes.
3. Season the raw, chopped chicken with seasoning salt and pepper then add to the hot broth and stir to combine. Continue to simmer until the rice is tender and the chicken is cooked through, 10-15 more minutes. Taste then add more seasoned salt and/or pepper then ladle into bowls and serve.



## Recipe Notes:

- This dish will thicken slightly as it cools and the rice soaks up more of the broth. Plan to have an extra 1 to 2 cups chicken stock or broth on hand if you plan on reheating leftovers.

## Side Dish Suggestions:

- Garlic Bread: spread gluten free bread slices with butter then sprinkle on garlic powder. Place on a half sheet pan then broil until toasted.
- Steamed green beans tossed with butter and salt.
- [Cucumber Tomato Salad](#)
- [Gluten Free Focaccia](#)
- [Roasted Balsamic Butternut Squash](#)
- [Easy Garlic Butter Roasted Mushrooms](#)

## Product Recommendations:

- I love using [Lundberg Farms White Jasmine Rice](#) for any white rice-based dish.