



CHICKEN AND RICE SOUP

INGREDIENTS

2 T olive oil
1 cup chopped onion
1 cup thinly sliced carrot
1 T Herbs de Provence
1 (8-oz.) package sliced mushrooms
4 garlic cloves, minced
4 c unsalted chicken or vegetable stock
1 c water
4 c chopped kale
1/2 tsp kosher salt
1/2 teaspoon black pepper
1 ½ c cooked chicken (leftover, rotisserie, etc.) or 1 (15-ounce) can white beans, drained
2 c cooked brown or wild rice
1 c half-and-half or unsweetened almond milk
¼ c all-purpose flour or chickpea flour

DIRECTIONS

Heat a large pot over medium-high. Heat olive oil and add onion and carrot; sauté 3 minutes. Add dried herbs, mushrooms, and garlic; sauté 5 minutes.

Add stock and 1 cup water; bring to a boil. Reduce heat, and simmer 8 minutes or until vegetables are tender. Add kale, salt, and pepper; cook 3 minutes. Stir in chicken and rice.

Combine half-and-half and flour in bowl, stirring with a whisk. Stir into soup; cook 2 minutes or until thickened.

When grains and proteins are pre-cooked, this soup comes together in a flash, making it perfect for your weeknight meal rotation.