



EAT. MOVE. SAVE.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



**OFFICE OF COMMUNITY ENGAGEMENT AND
NEIGHBORHOOD HEALTH PARTNERSHIPS**

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MEAL KIT.

Chicken Rice Soup

Recipe adapted from University of Minnesota Extension

Ingredients:

2 cups cooked rice (white, brown, or wild rice)
20-ounce can of chicken
1 cup chopped onion or 1 Tablespoon onion powder
1 can chicken broth or 1 teaspoon chicken bouillon dissolved in 10 ounce warm water
1 can of sliced carrots
2 cups of milk
½ cup flour (to thicken the milk soup base)
Spices: to taste (celery seed, garlic powder, black pepper, thyme, sage, rosemary)
1 tablespoon cooking oil
4 tablespoons of butter

SERVES
4-8

Directions:

Time needed: 20 minutes of preparation,
20 minutes of cook time

1. Prepare rice according to package directions.
2. Sauté onion in oil until transparent.
3. Stir in chicken broth and spices.
4. Add chicken and carrots to the broth. Bring to a boil, turn the heat down and let it simmer for 5 minutes.
5. In a separate pan, make a roux by melting the 4 tablespoons of butter and whisking in the flour, slowly whisk in the milk.