

CHICKEN AND RICE SOUP

INGREDIENTS

- 1 pound diced chicken (leg or thigh, boneless, skinless)
- 2 cups chopped vegetables (such as carrots, onions, greens, mushrooms, broccoli, dried squash, or dried corn)
- 4 cups water or low-sodium stock or broth
- 1 1/2 cups cooked whole grain rice



DIRECTIONS

1. Heat one tablespoon canola oil in a soup pot over medium-high heat. Saute meat until lightly browned, about five minutes.
2. Add vegetables and reduce heat to medium. Saute for five minutes. (If using canned or thawed frozen vegetables, add them on step 4).
3. Add liquid and bring to a boil. Reduce heat and simmer for 25-30 minutes or until meat is cooked through. Stir occasionally to keep ingredients from sticking to the bottom of the pot.
4. Add cooked grains during the last 5-7 minutes of cooking time, to warm through. Also add any canned or thawed frozen vegetables you are using.

TIPS

- Use diced turkey instead of chicken.
- Instead of salt and pepper use herbs or spices such as thyme, parsley, or cumin.
- Add minced garlic or ginger for extra flavor.



This recipe card has been developed as part of the Cheyenne River **Cooking for Health** (Wičhózaŋni Étkiya Lol'íwaḥ'aŋ) Project. For more diabetes-friendly recipes, visit www.mbiri.com/projects/cookingforhealth.



The project was done in partnership with University of Washington, Missouri Breaks Research, and the Cheyenne River Sioux Tribe and was funded by NIH/NIMHD R01MD011596.

MISSOURI BREAKS



UNIVERSITY *of* WASHINGTON

