

cure all chicken soup

Serves: 4

Prep and Cook time: 30 min

Per serving: 385 calories, 7 g

Salt for cooking the rice
2/3 lb skinless, boneless
chicken breast halves,
fresh or frozen
1 cup long-grain rice
2 tsp vegetable oil
2 can (14 oz each)
chicken broth

1 large onion (1 cup chopped)
2 medium sized carrots (1 cup
chopped)
3 medium sized celery (1 1/2
cups diced)
1 clove fresh garlic, minced, or
1 tsp bottled minced garlic

1/2 tsp finely minced
fresh ginger or bottled
minced ginger
(optional)
1/4 tsp black pepper,
or more to taste
Fresh chopped parsley
to garnish (optional)

1. Bring 2 cups lightly salted water to a boil in a 2 quart saucepan.
2. While the water is heating, if the chicken is frozen, run it under hot water so you can remove the packaging. Place the chicken on a microwave safe plate and microwave, uncovered, on high power for 2 minutes to partially defrost it.
3. When the water comes to a boil, add the rice, stir, and reduce the heat to low. Cover the pan and simmer until the rice is tender, about 20 minutes.
4. Meanwhile, heat the oil in a 4 1/2 quart or larger soup pot or Dutch oven over medium heat. Peel the onion and finely chop it. Then, add it to the pot. Cut the chicken into bite-sized pieces and add it to the pot. When all of the chicken is in the pot, raise the heat to medium-high. Cook, stirring, until the chicken is almost cooked through, about 4 minutes.
5. Peel and coarsely chop the carrots. Then, add them to the pot. Coarsely dice the celery, adding it to the pot as you dice. Add the garlic and ginger to the pot. Continue to cook, stirring occasionally, until the celery is crisp-tender, about 2 minutes.
6. Add the broth to the pot, raise the heat to high, and bring the soup to a boil. Then reduce the heat to medium and cook at a moderate boil to combine the flavors, 5 minutes. Season with black pepper. To serve, spoon some rice into each bowl and top it with the soup.