

Chicken Rice Soup

Makes: 6 Servings

Enjoy this traditional favorite. Add your choice of vegetables to canned chicken to make this soup.

Ingredients

- 5 celery stalks (chopped)
- 1 medium onion (chopped)
- 1 **teaspoon** black pepper
- 1 **can** chicken, undrained (12 1/2 ounces)
- 1 **tablespoon** parsley
- 4 **cups** water
- 1 **tablespoon** margarine
- 1 **cup** rice, uncooked
- 1 **1/2 cups** low-sodium carrots, drained (about 15 ounces)
- 1 **can** low-sodium green beans, drained (about 15 ounces)

Directions

1. In a large pot, over high heat, combine chicken, celery, onion, pepper, parsley, and water. Stir and bring to boil. Reduce heat to low and cook, covered, for 35 minutes.
2. Cook rice according to package directions.
3. Add carrots, green beans, and cooked rice to large pot and heat for 5 more minutes over medium heat. Serve hot.