

Hearty Chicken and Rice Soup



Makes:

8 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Roaster with Cover

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Recipe:

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12 ounces
chicken breast, boned and skinless, cut into 1-inch squares
(340 g)
2 cups
white rice, cooked
(316 g)
2 tablespoons
lime juice
(30 mL)
lime slices, garnish

Directions:

1. In roaster over medium heat combine all ingredients through bay leaf and cover. When Vapo-Valve™ clicks, reduce heat to low and simmer for 10-15 minutes.
2. Add chicken and cook uncovered for approximately 10-15 minutes until chicken is cooked through. Remove and discard bay leaf.
3. Stir in rice and lime juice and heat through. Garnish each serving with a lime slice and serve.

Nutritional Information per

▼ Serving

Calories: 223
Total Fat: 4g
Saturated Fat: 1g
Cholesterol: 34mg
Sodium: 480mg
Total 26g
Carbs:
Dietary Fiber: 1g
Sugar: 6g
Protein: 19g