

LEMON CHICKEN & RICE SOUP

INGREDIENTS

ITEM	QUANTITY
• Boneless, skinless chicken breast	1 Lb.
• Chicken Broth, onion- and garlic-free	6 Cups
• Diced Carrots	1 Cup
• Chopped Baby Spinach	1 Cup
• Cooked White Rice	1½ Cups
• Garlic-Infused Olive Oil	1 Tbsp.
• Lemon Juice	2 Tbsps.
• Dried Thyme	1 Tsp.
• Dried Parsley	1 Tsp.
• Salt, or to taste	½ Tsp.
• Black Pepper	¼ Tsp.
• Chopped Chives	2 Tbsps.

SERVING SIZE **ABOUT 1½ CUPS**

PREPARATION

- Heat olive oil in a large pot over medium heat.
- Add chicken and cook for 3-4 minutes per side to lightly brown.
- Add broth, carrots, thyme, parsley, salt, and pepper.
- Bring to a boil, then reduce heat and simmer for 15-20 minutes, until the chicken reaches 165°F internally.
- Remove the chicken, shred it with two forks, and return it to the pot.
- Stir in cooked rice and spinach.

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