



Total Time
45 MIN.

Serving & Size
1 CUP (8 OZ LADLE)

Difficulty
EASY

Yields
50

Flavorful chicken rice soup made with brown rice and Swanson® Unsalted Chicken Broth with under 200 mg of sodium per serving.

Nutrition Facts	
Serving Size	1 CUP (8 OZ LADLE)
Amount Per Serving	
Calories 110	
	% Daily Value
Total Fat 1.1g	2%
Saturated Fat 0.3g	2%
Cholesterol 10mg	3%
Sodium 179mg	7%
Total Carbohydrate 17.4g	6%
Dietary Fiber 1.7g	7%
Protein 8g	16%
Vitamin A 8%	Vitamin C 4%
Calcium 4%	Iron 3%

INGREDIENTS **WEIGHT** **MEASURE**

	Swanson® Unsalted Chicken Broth	15 1/2 qt.
	celery, chopped	24 oz. 5 3/4 qt.
	carrot, peeled, chopped	12 oz. 3 cups
	onion, chopped	14 oz. 2 333/1000 cups
	dried parsley flakes	0 oz. 1/4 cups
	onion powder	1 oz. 1/4 cups
	garlic powder	1 tbsp.
	poultry seasoning	1 tsp.
	salt	1 3/4 tsp.
	black pepper	1 tsp.
	brown rice	30 oz. 4 1/4 cups
	cooked diced chicken	26 oz. 5 cups

INSTRUCTIONS

1. Combine stock, celery, carrots (optional), onions, parsley, onion powder, garlic powder, poultry seasoning, salt, and pepper.
2. Bring to boil. Reduce heat and cover. Simmer for 10 minutes.
3. Add rice and chicken. Return to simmer. Cover. Simmer for 20 minutes or until rice is tender.
CCP: Heat to 165° F or higher for at least 15 seconds.
4. Pour into serving pans.
CCP: Hold for hot service at 140° F or higher.
5. Portion with 8 oz ladle (1 cup).

TIP

Cooked diced turkey may be used in place of chicken in this recipe.

Each batch of 50 servings yields about 27 pounds or about 3 gallons + 2 cups of soup.

Measure the salt carefully to control the sodium content of this recipe.

Meal Contributions: Meat Alternate- 1/2 oz; Grain- 1/2 oz.