

Simply the Best Chicken & Rice Soup

Ingredients

- 1 tbsp olive oil
- 1 medium onion minced
- 3 large carrots peeled & diced
- 1 stalk celery diced
- 2 tsp garlic minced
- **1.5 tsp herbes de provence**
- **1 tsp himalayan salt**
- **¼ tsp black tellicherry pepper**
- 5 cups low sodium chicken broth
- 2 chicken thighs, uncooked
- 1 cup brown rice
- 1 cup evaporated milk

Instructions

1. In a large soup pot, heat oil over medium-high heat. Add onion, carrots and celery and cook and stir for 4-5 minutes, until onion begins to turn golden.

2. Add garlic, herbes de provence & cook one minute.

3. Add salt and pepper, broth, chicken. Add rice. Stir and bring to a boil over medium-high heat.
4. Reduce heat to medium-low (a simmer), cover, and cook for 30 minutes, stirring every 10 minutes, or until vegetables and rice are tender.
5. Remove chicken from pot and shred. Add back to the pot with evaporated milk.
6. Enjoy!

Serves: 4-5



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