

CHICKEN RICE SOUP



Ingredients:

Long grain white rice, uncooked	2/3 cup
Onion, minced	1 tablespoon
Fresh parsley, minced	1 tablespoon
Carrots, chopped*	1 cup
Chicken breast, cooked	2 chicken breasts (roughly 8 ounces)
Butter	2 tablespoons
All-purpose white flour	¼ cup
Low-sodium chicken broth	7 cups

Preparation:

1. Combine rice with 2 cups chicken broth and ½ cup water. Cook in a rice cooker or on the stove top.
2. Melt butter in a saucepan. Add onion and sauté until tender.
3. Blend in flour. Gradually add remaining chicken broth.
4. Cook over medium heat, stirring constantly, until mixture thickens slightly.
5. Stir in rice, chicken and carrots. Simmer for 5 minutes.
6. Garnish with parsley before serving.

**For patients on a low potassium diet, the carrots should be boiled separately first and water discarded before adding to the soup*

Yield: 8 servings. Each serving = 1 protein choice

Per Serving: 10g protein, 288mg potassium, 145mg phosphorus,
153mg sodium, 220 calories