

CREAMY CHICKEN AND RICE SOUP

Serves - 4

Stir in Ingredients



Ingredients:

- 1 cup Carolina® or Mahatma® Long Grain White Rice
- 2 cans (14 ounces, each) low-sodium chicken broth
- 1 can (12 ounces) evaporated milk
- 4 tablespoons cornstarch
- 1 teaspoon poultry seasoning
- 6 ounces cooked chicken breast, diced
- 1 cup frozen mixed vegetables, thawed
- salt and pepper, optional

Stir in Rice



Directions:

Prepare rice according to package directions. In a large pot, bring chicken broth and evaporated milk to a boil. In a small cup dissolve cornstarch and poultry seasoning with 4 tablespoons water and stir into hot broth. Stir constantly for 1 minute; reduce heat to low and stir in chicken and vegetables. Continue to cook 5 minutes. Stir in rice. Season with salt and pepper, if desired

Serves: 4

Nutritional Information:

Calories:	424	Fat – Total:	9 grams
Protein:	26 grams	Saturated Fat:	6 grams
Carbohydrates:	57 grams	Sodium:	244 milligrams
Dietary Fiber:	2 grams		
Cholesterol:	70 milligrams		

Serve



Helpful Tips

- Try this recipe with cooked brown rice to add more whole grain to your diet
- Purchase precooked diced chicken in the deli section at your local grocer

Be sure to visit www.carolinarice.com or www.mahatmarice.com for more recipes, videos and information



You Can Cook This Recipes from Riviana Kitchens

CREAMY CHICKEN AND RICE SOUP

Ingredients:

- 1 cup Carolina® or Mahatma® Long Grain White Rice
- 2 cans (14 ounces, each) low-sodium chicken broth
- 1 can (12 ounces) evaporated milk
- 4 tablespoons cornstarch
- 1 teaspoon poultry seasoning
- 6 ounces cooked chicken breast, diced

Directions:

Prepare rice according to package directions. In a large pot, bring chicken broth and evaporated milk to a boil. In a small cup dissolve cornstarch and poultry seasoning with 4 tablespoons water and stir into hot broth. Stir constantly for 1 minute; reduce heat to low and stir in chicken and vegetables. Continue to cook 5 minutes. Stir in rice. Season with salt and pepper, if desired

Serves: 4

Copyright 2006 Riviana Foods Inc.

Nutritional Information:

Calories:	424	Fat – Total:	9 grams
Protein:	26 grams	Saturated Fat:	6 grams
Carbohydrates:	57 grams	Sodium:	244 milligrams
Dietary Fiber:	2 grams		
Cholesterol:	70 milligrams		

Be sure to visit www.carolinarice.com or www.mahatmarice.com for more recipes, videos and information



Copyright 2006 Riviana Foods Inc.