

Creamy Chicken and Rice Soup

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Servings: 6

*3 tablespoons vegetable oil
1/2 cup onion, chopped
1/2 cup celery, chopped
1/2 cup carrots, chopped
1 teaspoon ground sage
1/2 teaspoon salt
1/4 teaspoon black pepper
6 cups low-sodium chicken broth
1 cup quick cooking rice
2 tablespoons all-purpose flour
2 cups cooked chicken, diced
3/4 cup light sour cream*

Preparation Time: 10 minutes

In a large saucepan over medium heat, heat the oil. Add the onion, celery, carrots, sage, salt and pepper. Cook for 5 minutes or until the vegetables are almost tender, stirring occasionally.

Add five cups of the broth and rice. Bring to a simmer and cook for 5 minutes, stirring occasionally.

When the rice is tender, whisk the flour into the remaining one cup of broth and stir into the soup. Simmer for 1 minute.

Add the chicken and sour cream. Cook on low heat until hot.

Garnish with cracked black pepper, if desired.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 202 Calories; 12g Fat (44.1% calories from fat); 27g Protein; 8g Carbohydrate; 1g Dietary Fiber; 42mg Cholesterol; 274mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	202
% Calories from Fat:	44.1%
% Calories from Carbohydrates:	12.6%
% Calories from Protein:	43.3%
Total Fat (g):	12g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	.7mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	23mcg

Saturated Fat (g): 2g
Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 42mg
Carbohydrate (g): 8g
Dietary Fiber (g): 1g
Protein (g): 27g
Sodium (mg): 274mg
Potassium (mg): 353mg
Calcium (mg): 47mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 3047IU
Vitamin A (r.e.): 307 1/2RE

Niacin (mg): 12mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 3 1/2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 202 **Calories from Fat:** 89

% Daily Values*

Total Fat	12g	19%
Saturated Fat	2g	9%
Cholesterol	42mg	14%
Sodium	274mg	11%
Total Carbohydrates	8g	3%
Dietary Fiber	1g	3%
Protein	27g	
Vitamin A		61%
Vitamin C		4%
Calcium		5%
Iron		10%

* Percent Daily Values are based on a 2000 calorie diet.