

Easy Chicken and Rice Soup

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Servings: 8

Yield: 10 cups

1 two-pound rotisserie chicken
1 onion, coarsely chopped
2 tablespoons butter
1 package (7 ounce) Spanish-style
rice and vermacelli pasta mix (such
as Rice-A-Roni)
1 handful chopped spinach or arugula

Remove the meat from the chicken and shred.

Place the chicken bones, skin and juices in a Dutch oven and cover with water. Add the onion. Bring to a boil. Reduce the heat and simmer for two to four hours. Strain. (You should have six cups of broth. Add water to equal six cups, if necessary.) Return the broth to the pot. Add the shredded chicken.

Heat the butter in a saucepan. Add the rice and pasta mix along with the seasoning packet. Saute' for 2 minutes. Add to the chicken mixture. Simmer, covered, for 30 minutes. Add two cups of water if the soup is too thick.

Add a handful of spinach or arugula just before serving.

Per Serving (excluding unknown items): 31 Calories; 3g Fat (82.6% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 30mg Sodium. Exchanges: 0 Vegetable; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	31	Vitamin B6 (mg):	trace
% Calories from Fat:	82.6%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	15.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.4%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	3mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
			0mg

Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	8mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	30mg
Potassium (mg):	23mg
Calcium (mg):	4mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	108IU
Vitamin A (r.e.):	27RE

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

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	31	Calories from Fat: 25
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% Daily Values*

Total Fat	3g	4%
Saturated Fat	2g	9%
Cholesterol	8mg	3%
Sodium	30mg	1%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	1%
Protein	trace	
Vitamin A		2%
Vitamin C		1%
Calcium		0%
Iron		0%

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