

Hearty Chicken Rice Soup

Pillsbury Best One Dish Meals - February - 2011

Servings: 4

Preparation Time: 55 minutes

Start to Finish Time: 55 minutes

1/2 cup celery, sliced

2 frozen boneless/ skinless chicken breasts

5 1/4 cups reduced-sodium chicken broth

1/2 cup water

2 cups frozen mixed vegetables

3/4 cup instant white rice, uncooked

1 tablespoon parsley flakes

2 teaspoons salt-free lemon-herb seasoning

Spray a 4-quart saucepan or Dutch oven with cooking spray.

Heat over medium-high heat. Add the celery and cook and stir for about 2 minutes or until crisp-tender.

Add the frozen chicken, broth and water.

Heat to boiling. Reduce heat.

Cover and simmer for 10 to 12 minutes, stirring occasionally, until the juice of the chicken is clear when the center of the thickest chicken part is cut.

Remove the chicken from the saucepan. Cool slightly. Cut into bite-size pieces.

Heat the broth mixture in the saucepan to boiling over medium-high heat. Stir in the frozen vegetables.

Return to boiling.

Stir in the rice, chicken, parsley and herb seasoning.

Reduce the heat.

Cover and simmer about 10 minutes or until rice and vegetables are tender.

Per Serving (excluding unknown items): 61 Calories; trace Fat (6.5% calories from fat); 3g Protein; 13g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 57mg Sodium. Exchanges: 2 1/2 Vegetable.