

# chicken, veggie and rice soup/stoup

Serves 6-8 people, depending on serving size.

- 3-4 boneless, skinless chicken breasts, chopped into bite-sized pieces
- 1-2 tablespoons olive oil (for cooking the chicken)
- 2-3 stalks of celery, chopped
- 2 large onions, chopped
- 2-3 large carrots, chopped
- 2 cloves garlic, minced
- 2-3 tomatoes, diced
- 1 medium sized zucchini, chopped
- 2 x 900 ml. boxes (roughly 7.5 cups) sodium reduced chicken broth
- 1 cup white wine
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon red pepper flakes
- 1/2 teaspoon thyme
- 3/4 cup rice
- 1 cup frozen corn
- 1 cup frozen peas
- 1-2 cups frozen cauliflower pieces

**NOTES:** *this recipe adapts easily to fresh or frozen vegetables. Put fresh veggies of your choice in at the beginning of the cooking process (as indicated below), and add any frozen veggies in the last 20-30 minutes of cooking time. This recipe requires a large Dutch oven or soup pot.*

In a large Dutch oven, over medium-high heat, heat the olive oil and begin to cook the chicken pieces. After about 3-4 minutes, add the celery, onions, carrots, garlic, tomatoes and zucchini. Cook until the veggies have softened a little (about 5-7 minutes).

Add the chicken broth, wine, black pepper, red pepper flakes, and thyme. Reduce the heat to low, cover and let simmer for at least an hour.

After at least an hour of simmering, add the rice, frozen corn, peas and cauliflower. Allow to cook for an additional 20-30 minutes - the cooking time will vary depending on the sort of rice you are using. For example, I like to use brown rice, and this takes longer to cook than white rice. Be sure to check the doneness of the rice before serving.