

Chinese Rice Porridge Congee (Jook)

Yield: 4 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/south-indian-congee-recipe>

Ingredients:

- 1/2 cup rice uncooked
- 3 cups water
- 1 tablespoon oil
- 4 bean curd sticks dried, optional
- 4 cups chicken stock recipe included below, or use your favorite good quality chicken broth/stock
- 2 pounds chicken pieces boney combination of wings, thighs, drums, etc.
- 6 cups water
- 1 knob fresh ginger about the size of a lemon peeled and cut into 2-3 chunks
- 1/2 onion cut into chunks
- 1 teaspoon salt

Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 175 milligrams
4. Fat: 40 grams
5. Protein: 51 grams
6. SaturatedFat: 9 grams
7. Sodium: 1120 milligrams
8. Sugar: 5 grams

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