

# Italian Celery Soup

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-white-rice-recipe>

## Ingredients:

- 2 tablespoons olive oil
- 3 slices bacon cut crosswise into matchsticks
- 1 onion medium, chopped
- 1 large carrot diced
- 1 whole celery stalk, not rib, cut into 1/2-inch pieces, 5 to 6 cups
- 2 tablespoons tomato paste
- 2 cups reduced sodium chicken broth
- 2 cups water plus more, if needed
- 2 bay leaves
- 1 piece Parmesan cheese rind from a wedge, optional
- 3 boneless skinless chicken thighs chopped, about 1-1/2 cups
- 1/2 cup white rice uncooked
- salt
- freshly ground black pepper
- grated Parmesan cheese freshly

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 80 milligrams
4. Fat: 23 grams
5. Fiber: 2 grams
6. Protein: 28 grams
7. SaturatedFat: 6 grams
8. Sodium: 1010 milligrams
9. Sugar: 3 grams

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