

# Chicken and Rice Soup

Yield: 6 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/mexico-city-style-chicken-and-rice-soup-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 1 onion chopped
- 3 carrots cut into ¼-inch pieces
- 3 celery ribs, cut into ¼-inch pieces
- 3 cloves garlic minced
- 1 teaspoon dried thyme
- 1/2 teaspoon salt plus more to taste
- 1/4 teaspoon black pepper or to taste
- 1 cup long grain brown rice rinsed and drained
- 6 cups low sodium chicken broth
- 1 pound boneless, skinless chicken breasts
- chopped parsley fresh, or thyme, for serving, if desired

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 50 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 24 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 410 milligrams
9. Sugar: 3 grams

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