

Creamy Chicken And Rice Soup

Ingredients

¼ cup butter
1 onion diced
1 carrot diced
2 ribs celery diced
½ pound chicken breast diced
1/3 cup all purpose flour
3 cups Watkins chicken broth
½ tsp Watkins Himalayan pink salt
¼ tsp Watkins black pepper
1 tsp Watkins minced garlic
2 cups milk
1 ½ cups cooked rice or 1 ½ cup cooked noodles
2 Watkins bay leaves

Directions:

In a large sauce melt butter, Saute onions, carrots and celery. Cook gently 5 minutes until vegetables are tender. Add chicken. Sprinkle with flour. Cook 4 minutes, browning lightly. Add chicken broth and bring to a boil. Season with salt, pepper & garlic. Add bay leaves. Cook 15 minutes. Add milk and bring to boil. Add rice and cook 5 to 10 minutes. Taste and adjust seasoning if necessary.

Great served with fresh home made bread.

Tip: For a creamy chicken noodle soup, add 1 ½ cups of cooked noodles instead of the rice.

Recipe from: www.trustednaturalhomeproducts.com