
Lemony Chicken Rice Soup

If lemon chicken is one of your favourite dishes, you'll find the same tangy flavours in this delightful soup.

Cooking oil	1 tbsp.	15 mL
(2) Boneless, skinless chicken breast halves, cut in half lengthwise and cut crosswise into thin strips	3/4 lb.	340 g
Chopped onion	1 cup	250 mL
Thinly sliced carrot	1 cup	250 mL
Garlic clove, minced (or 1/4 tsp., 1 mL, powder)	1	1
Chicken stock	5 cups	1.25 L
Long grain white rice	1/4 cup	60 mL
Grated lemon zest	1 tsp.	5 mL
Fresh spinach leaves, lightly packed, chopped	2 cups	500 mL
Lemon juice	2 tbsp.	30 mL

Heat cooking oil in large saucepan on medium-high. Add chicken. Cook for about 4 minutes, stirring often, until no longer pink. Remove chicken to plate using slotted spoon.

Reduce heat to medium. Add next 3 ingredients. Cook for about 10 minutes, scraping any brown bits from bottom of pan, until onion and carrot start to soften.

Add next 3 ingredients. Add chicken. Bring to a boil. Reduce heat to medium-low. Simmer, partially covered, for about 20 minutes, stirring occasionally, until rice is tender.

Add spinach and lemon juice. Stir. Cook for about 5 minutes, stirring occasionally, until spinach is wilted. Makes about 7 1/2 cups (1.9 L).

1 cup (250 mL): 125 Calories; 3.1 g Total Fat (1.3 g Mono, 0.8 g Poly, 0.7 g Sat); 26 mg Cholesterol; 12 g Carbohydrate; 1 g Fibre; 13 g Protein; 600 mg Sodium

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