

Lunch | Dinner

Lemon Chicken Wild Rice Soup

10 Mins Prep Time

15 Mins Cook Time

6 Servings

240 Calories 11g Fat 17g Carbs 23g Protein



Ingredients

25 Mins Total Time **Allergens: None** 6 Servings 1 Tbsp Olive Oil 3 Cloves Garlic, minced 1 Onion, rinsed and diced 2 Medium Carrots, peeled, rinsed, and diced 2 Medium Celery Stalks, rinsed and diced 1/2 Tsp Dried Thyme 6 Cups Chicken Stock 2 Cups Cooked Slow Cooker Chicken 2 Bay Leaves 1 Tsp Dried Rosemary 2 Cups Cooked Wild Rice Juice of 1 Lemon, rinsed before juicing Salt and Pepper, to taste

Nourishment Note



Chicken

Chicken is an excellent lean protein source. Protein needs may be elevated when going through cancer treatments.



Ohicken Broth

Chicken broth provides moisture to foods, making them easier to chew and swallow. Broth is also helpful for hydrating the body.



Sour

Moist, soft foods, like soup are often easier to swallow and chew, making them a good choice when dealing with dry mouth.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Sauté Vegetables

Heat 1 tablespoon olive oil in a large stockpot. Add garlic, carrots, onion, and celery and cook, stirring occasionally, for about 3-4 minutes, or until tender.

3. Heat & Enjoy

Add dried thyme, chicken stock and bay leaves; bring to a boil. Stir in cooked wild rice, cooked chicken, and rosemary. Simmer until hot throughout. Stir in lemon juice and salt and pepper, to taste. Enjoy!

4. Store

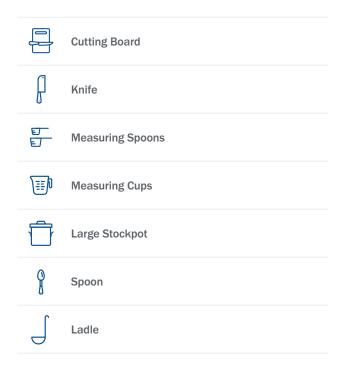
Refrigerate soup within two hours. Soup will keep in a covered container for two days in the fridge and up to three months in the freezer.

5. Wash Hands

Wash hands with soap and water.

Recipe adapted from damndelicious.net

What You'll Need



Fatigue Buster

- Rice: Cook wild rice ahead of time to reduce preparation time.
- Chicken: Cook chicken ahead of time in slow cooker to reduce preparation time.
- Look for pre-diced mirepoix mixes (carrots, onions and celery) in the produce section of your local grocery store.
- · Purchase pre-minced garlic.
- Make a double-batch and freeze to eat at a later date
- Ask a friend of family member to help prepare this dish when energy levels are low.