

Lunch | Dinner

Lemon Rice Soup

Side Effect: Nausea/Vomiting

10 Mins
Prep Time

30 Mins
Cook Time

6
Servings

 **119 Calories** **3g Fat** **20g Carbs** **5g Protein**



Ingredients

 **6 Servings**  **40 Mins Total Time**  **Allergens: None**

1 Tbsp Extra Virgin Olive Oil

1 Onion, chopped

2 Carrots, **washed** and chopped

3 Celery Stalks, **washed** and chopped

3 Cloves Garlic, minced

½ Tsp Dried Oregano

2 Quarts (8 Cups) Low-Sodium Chicken Broth 

½ Cup Long Grain White Rice 

1 Bay Leaf

¼ Cup Fresh Lemon Juice 

Salt and Pepper, to taste

Parsley (optional)

Nourishment Note



Chicken Broth

Liquids are often better tolerated than solid foods when feeling nauseous. Chicken broth also provides electrolytes and helps to hydrate the body.



Rice

Bland and gentle on the stomach, rice is a key component of the BRAT diet (bananas, rice, applesauce, and toast) for nausea and vomiting.



Lemon

Tart or sour foods may be easier to consume when feeling nauseous.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Cook Vegetables

In a large pot, heat the olive oil over medium heat. Add the onion, celery, carrots, and garlic. Cook until softened, about 5 minutes.

3. Add Chicken Broth

Add the oregano and stir. Add the chicken broth and bring to a boil.

4. Stir In Rice

Stir in the rice and bay leaf. Reduce heat to a low simmer and cook until rice is fluffy and cooked through, about 20 minutes.

5. Season & Garnish

Remove bay leaf. Stir in lemon juice and salt and pepper. Taste and adjust seasonings accordingly. Garnish with fresh parsley, if desired. Enjoy!

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [feelgoodfoodie.net](https://www.feelgoodfoodie.net)

What You'll Need



Cutting Board



Knife



Measuring Cups



Measuring Spoons



Large Pot



Spoon



Ladle

Fatigue Buster

- Purchase a pre-chopped mirepoix (carrots, celery, onion) mix.
- Purchase pre-squeezed lemon juice.