Chicken and Rice Soup Recipes

Prep 15 min | **Cook** 40 min | **Serves** 6 | **Difficulty** Medium

A clear, savory chicken and rice soup with tender chicken, carrots, celery and long-grain rice. Simmer the rice in the broth near the end so it stays distinct, then finish with lemon and parsley.



Ingredients

- 1 lb (454 g) boneless skinless chicken thighs, thawed
- 1 tbsp (15 ml) olive oil
- 1 medium onion (150 g), diced
- 2 carrots (150 g), diced
- 2 celery stalks (100 g), diced
- 2 garlic cloves (6 g), minced
- 8 cups (1.9 L) low-sodium chicken broth
- 3/4 cup (140 g) long-grain white rice, rinsed
- 1 tsp (1 g) dried thyme
- 1 bay leaf
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 2 tbsp (8 g) chopped parsley
- 1 tbsp (15 ml) lemon juice

Cook's note: *Use a 5- to 6-quart pot. Rinsing rice removes surface starch; add it after the chicken is cooked so the grain does not over-soften. Brown or white rice needs different simmer time; use white rice as written.*

Method

1. Warm oil in a soup pot. Cook onion, carrots and celery for 6–8 minutes until glossy and beginning to soften; add garlic for 30 seconds.

2. Add broth, thighs, thyme, bay leaf, salt and pepper. Bring to a gentle simmer, cover partly and cook 18–22 minutes until the thickest thigh reaches 165°F (74°C).

3. Transfer chicken to a clean board. Stir rinsed rice into the broth and simmer uncovered 15–18 minutes, stirring once or twice, until tender.

4. Shred chicken into bite-size pieces, discard the bay leaf, and return chicken to the pot. Heat until the soup is hot throughout.

5. Stir in parsley and lemon juice. Taste, adjust seasoning, and ladle into warm bowls.

Doneness: *Cook poultry and reheated leftovers to 165°F (74°C).*
Storage: *Cool leftovers promptly in shallow containers; refrigerate and reheat until steaming hot throughout.*