

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Chicken Rice Soup *(Makes about 6 servings.)*

Ingredients

- 1 can (12.5-oz.) chicken, undrained
- 5 stalks celery, chopped
- 1 medium onion, chopped
- 1 tsp. black pepper
- 1 Tbsp. parsley
- 4 c. water
- 1 Tbsp. margarine
- 1 c. rice, uncooked
- 1 can (15-oz.) carrots, drained
- 1 can (15-oz.) green beans, drained

Directions:

1. In a large pot, over high heat, combine chicken, celery, onion, pepper, parsley, and water. Stir and bring to boil. Reduce heat to low and cook, covered, for 35 minutes.
2. Cook rice according to package directions.
3. Add carrots, green beans, and cooked rice to large pot and heat for 5 more minutes over medium heat. Serve hot.

Nutrition info: Serving size: 1 cup, Calories: 280, Total Fat: 6 g, Saturated Fat: 1.5 g, Cholesterol: 50 mg, Sodium: 368 mg, Total Carbohydrate: 35 g, Dietary Fiber: 5 g, Sugars: 5 g, Protein: 20 g. *Recipe adapted from Commodity Supplemental Food Program Cookbook.*

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