

Lemon Chicken & Rice Soup

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Servings: 12

Yield: 4 quarts

2 tablespoons olive oil
2 pounds boneless/ skinless chicken
breasts, cut into 1/2-inch pieces
5 cans (14.5 ounces ea) reduced-
sodium chicken broth
8 cups Swiss chard, kale or spinach,
coarsely chopped
2 large carrots, finely chopped
1 small onion, chopped
1 medium lemon, halved and thinly
sliced
1/4 cup lemon juice
4 teaspoons lemon peel, grated
1/2 teaspoon pepper
4 cups cooked brown rice

Preparation Time: 35 minutes

Cook Time: 4 hours 15 minutes

In a large skillet, heat one tablespoon of oil over medium-high heat. Add half of the chicken. Cook and stir until browned. Transfer to a six-quart slow cooker. Repeat with the remaining oil and chicken.

Stir the broth, vegetables, lemon slices, lemon juice, lemon peel and pepper into the chicken. Cook, covered, on LOW for four to five hours or until the chicken is tender.

Stir in the rice and cook, covered, until heated through.

Per Serving (excluding unknown items): 104 Calories; 3g Fat (24.0% calories from fat); 2g Protein; 18g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1/2 Fat.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	104	Vitamin B6 (mg):	.1mg
% Calories from Fat:	24.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	69.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	7mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
		Alcohol (kcal):	0

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	18g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	5mg
Potassium (mg):	97mg
Calcium (mg):	14mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	7mg
Vitamin A (i.u.):	3378IU
Vitamin A (r.e.):	337 1/2RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 104 Calories from Fat: 25

% Daily Values*

Total Fat 3g	4%
Saturated Fat trace	2%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrates 18g	6%
Dietary Fiber 2g	7%
Protein 2g	
Vitamin A	68%
Vitamin C	12%
Calcium	1%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.