

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

 **6 Servings**  **25 Mins Total Time**  **Allergens: None**

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

½ 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.



#### **Chicken Broth**

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



#### **Soup**

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 and all cooking surfaces with soap and warm water before beginning.

### 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 Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from [damndelicious.net](http://damndelicious.net)

## What You'll Need



Cutting Board



Knife



Measuring Spoons



Measuring Cups



Large Stockpot



Spoon



Ladle

### 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 or family member to help prepare this dish when energy levels are low.