

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 in warm, soapy water before preparing soup.

### 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 Dishes

Be sure to wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: [feelgoodfoodie.net](http://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.