

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 Extra Virgin Olive Oil

3 Cloves Garlic, minced

1 Onion, rinsed and diced

2 Medium Carrots, peeled, washed, and diced

2 Medium Celery Stalks, washed and diced

½ Tsp Dried Thyme

6 Cups Chicken Broth 

2 Cups Cooked, Shredded Chicken 

2 Bay Leaves

1 Tsp Dried Rosemary

2 Cups Cooked Wild Rice

Juice of 1 Lemon, washed 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 broth 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 2 hours. Soup will keep in a covered container for 2 days in the fridge and up to 3 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

What You'll Need



Cutting Board



Knife



Measuring Spoons



Measuring Cups



Large Stockpot



Spoon



Ladle

Fatigue Buster

- Rice: Cook rice ahead of time to reduce prep time.
- Chicken: Cook chicken ahead of time to reduce prep time.
- Look for pre-diced mirepoix mixes (carrots, onions and celery) in the produce section of your local grocery store.
- Garlic: 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.