

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## Chicken and Brown Rice Soup

(Recipe from: [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com))

### Ingredients:

- 8 cups low-sodium chicken broth, divided
- 1 medium onion, chopped
- 3 medium carrots, chopped
- 2 stalks celery, chopped
- 2 cups water
- 1 cup long-grain brown rice
- 1 small chicken breast (about 6 oz) cut into ½ inch cubes
- 1 bay leaf or rosemary
- 1 bunch kale, thick stems removed and leaves thinly sliced
- Salt and pepper
- Optional toppings: butternut squash and avocado

### Directions:

- In a large pot over medium-high heat, bring ½ cup broth to a simmer.
- Add onion, carrots and celery and cook about 8 minutes or until onion is translucent, stirring occasionally.
- Add remaining 7 ½ cups broth, water, rice, chicken and bay leaf.
- Bring to a boil.
- Reduce heat to a simmer, cover and cook about 35 minutes or until rice is tender and chicken is cooked through.
- Remove bay leaf and stir in kale.
- Continue cooking just until kale is wilted and tender, 3-5 minutes.