

# Greek Chicken Soup

Portion Size: 1 cup

Yield: 11

## Ingredients:

White Rice	¾ cup
Boiling Water	1 ½ cup
Carrots, peeled, diced	1 cup
Yellow Onion, diced	2 cup
Celery, diced	1 cup
Olive Oil	2 TBSP
Bay Leaf	½ each
Low Sodium Chicken Stock	6 cups
Boneless, Skinless Chicken Breast	1 ½ lbs
Salt	1 tsp
Black Pepper	¼ tsp
Lemon Juice, fresh	¼ cup
Oregano, fresh, chopped	2 TBSP
Parsley, fresh, chopped	1 TBSP
Mint, fresh, chopped	1 TBSP

## Preparation:

1. Stir rice into boiling water. Reduce heat, cover, and let cook for 15-20 minutes. Remove from heat and let sit for 10 minutes. Fluff with a fork, and reserve. Hold hot or refrigerate immediately.
2. Sweat carrot, onion, and celery in olive oil until translucent. Add bay leaves.
3. Add chicken stock and bring to a boil. Reduce heat to a simmer.
4. Cube chicken into 3/4" pieces and add to broth. Let simmer for 10-15 minutes, until chicken is cooked thru to 165°F.
5. Remove bay leaves. Add salt, pepper, and lemon juice.
6. Add oregano, parsley, mint, and prepared rice just before serving. If rice had been chilled, reheat it before adding to hot soup.

## Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
160	16	14	1	2	4	1	500



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