

Chicken or Turkey and Rice Soup

Chicken or Turkey and Rice Soup is a hearty dish filled with chunks of chicken, brown rice, celery, and onions in a savory broth that warms your soul.

CACFP Home Childcare Crediting Information

1 cup (8 fl oz ladle) soup and ¼ cup chicken provides ⅜ cup vegetable (⅛ cup red/orange vegetable, ¼ cup other vegetable), 1 oz equivalent meat, and 0.5 oz equivalent grains.



Preparation Time: 20 minutes

Cooking Time: 45 minutes

Makes: 6 servings

Ingredients

- ½ tsp Old Bay seasoning
- ⅛ tsp Onion powder
- ⅛ tsp Garlic powder
- ⅓ tsp Poultry seasoning
- ½ cup or 4 oz Brown rice, long-grain, regular, dry, parboiled
- 1 qt 3 cup Water
- 1 Tbsp Low-sodium chicken base
- ⅔ cup or 3 oz Fresh celery, chopped
- 1 cup or 4 oz Frozen carrots, sliced, thawed
- ¾ cup or 3 oz Fresh onions, chopped
- 1 ½ cup or 3 oz Fresh mushrooms, sliced
- 1 ⅓ tsp Dried parsley
- ⅓ tsp Ground black or white pepper
- ⅓ tsp Dried basil
- 2 cup or 8 oz Frozen, cooked diced chicken or turkey, thawed ½" pieces

Directions

- 1 Preheat oven:
Conventional oven: 350 °F.
Convection oven: 325 °F.
- 2 In a medium saucepan, add Old Bay seasoning, onion powder, garlic powder, poultry seasoning, brown rice, water, and chicken base. Stir to combine.
- 3 Cook uncovered over medium-high heat. Bring to a boil.
- 4 Simmer uncovered over medium heat for 10-15 minutes or until rice is completely cooked.
- 5 Using a strainer, remove about ⅓ cup (3 oz) cooked rice. Set aside for step 9.
- 6 Add celery, carrots, onions, mushrooms, parsley, pepper, and basil to rice.
- 7 Cook uncovered for 10-15 minutes or until soft.
- 8 Puree rice and vegetable mixture with a bermixer (immersion blender) for 3-5 minutes until mixture has a smooth consistency.
- 9 Fold in reserved rice.
- 10 Critical Control Point:
Heat to 140 °F or higher for at least 15 seconds.
(If soup is a little thick add ¼ cup of water at a time until desired consistency is reached. Stir well.)
- 11 Critical Control Point:
Hold for hot service at 140 °F or higher.

Directions continued

- 12 Place 2 cups (8 oz) frozen chicken on a small baking sheet (8" x 8" x 2") lightly coated with pan release spray.
- 13 Bake:
Conventional oven: 350 °F for 5 minutes.
Convection oven: 325 °F for 4 minutes.
- 14 Critical Control Point:
Heat to 165 °F or higher for at least 15 seconds.
- 15 Place 6 individual soufflé cups or small bowls on a cookie sheet.
- 16 Place about ¼ cup (1 ½ oz) cooked chicken into each soufflé cup or small bowl.
- 17 Portion 1 cup soup (using a 1 cup measuring cup or 8 fl oz ladle) over chicken in soufflé cup or small bowl.
- 18 Serve one soufflé cup or small bowl.

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 142, **Protein** 13 g, **Carbohydrates** 21 g, **Dietary Fiber** 3 g, **Total Sugars** 2 g, **Total Fat** 2 g, **Saturated Fat** 0 g, **Cholesterol** 29 mg, **Sodium** 236 mg, , **Vitamin A** 154 mcg RAE, **Vitamin C** 3 mg, **Vitamin D** 3 IU, **Calcium** 50 mg, **Iron** 2 mg, **Potassium** 405 mg

