

Rainy Day Chicken Soup

INGREDIENTS

- 2 boneless skinless chicken breasts
- 1.5 cups Lundenberg short grain brown rice, white rice or flat egg noodle
- 3 large onions
- 1 package celery stalk
- 4 carrots or one small bag baby carrots
- 2 tablespoons Vegeta seasoning
- Salt & pepper to taste

INSTRUCTIONS

1. Quarter 1 onion and boil it in 2 quarts water, along with Vegeta for 20 minutes
2. Cube the raw chicken in bite size pieces and add to the pot
or if you prefer you can grill or boil it, cube it or shred it in a food processor and add it to the pot cooked. Be sure to save any cooking juice and add it to the pot with your chicken.
3. Add rice or noodle to the pot. If using a brown rice, cook the rice 15-20 minutes before adding chicken. For a white rice or noodle add chicken at the same time.
4. Chop remaining vegetables and add to the pot.
5. Season with salt and pepper to taste.
6. Cover with a lid and bring to a boil; then simmer (a light boil - you should see soft bubbles) with the top ajar for 20 minutes or until vegetables are soft. You can also reduce the heat further after cooked and leave this to simmer (no bubbles) all day.
7. Remove a spoonful and let cool. Taste and add salt/pepper if needed.