

Lemon Chicken and Rice Soup

Total Time: 20 minutes

Instructions

1. Heat oil in a large pot over medium high heat
2. Add chicken to pot and season with salt and pepper, as desired, and add half of the lemon zest
3. Brown chicken on all sides for about 5 minutes
4. Add garlic and onion, and sauté
5. Add carrots and celery and cook until softened, about 5 minutes
6. Add chicken stock, lemon juice, and cooked rice, and simmer for 5 minutes
7. Add green onions just before serving
8. Garnish with remaining lemon zest and serve

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 lb chicken, cut in ½ inch pieces
- Salt, as desired
- Pepper, as desired
- Juice and zest of 1 lemon
- 1 clove garlic, minced
- 1 onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 1 qt. chicken stock
- 1 cup cooked brown rice
- 2 green onions, thinly sliced