

Chicken Lemon Rice Soup with Dill



This soup is perfect to sip, spoon, slurp, or syringe for a nutritious snack.

Photo Contest!



- Test Recipes
- Fill out the survey
- Submit photos
- Win prizes



Nutrition Info

Makes: fluid ounces

= cups

= milliliters (mL)

Calories: 845 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 24.7%

Protein: 53%

Fat: 22.3%

Make it for the whole family:

The whole family can enjoy this soup whether it be hot or blended up for your tubie!

Chicken Lemon Rice Soup with Dill

Ingredients

- 8 cups chicken stock
 - 1 pound cooked chicken breast, cubed
 - 1 cup cooked white rice
 - $\frac{2}{3}$ cup lemon juice
 - 4 large eggs
 - 3 cups fresh spinach or other leafy greens
 - 2 (12 ounce) bags of Steamfresh frozen broccoli and cauliflower
- Garnish: fresh dill
Water (optional)

Kitchen Gear

- Large stock pot
- Chef knife
- Cutting board
- Food scale
- Measuring tools:
 - 1 cup
 - $\frac{1}{3}$ cup

Preparation

1. Add broth to a large stock pot and bring to a boil. Reduce heat to low and add the rice. Simmer for about 20 minutes. Remove from heat.
2. Mix the eggs and lemon juice in a separate bowl. Slowly add the mixture to the warm broth, one tablespoon at a time, whisking constantly so the egg does not cook.
3. Add the cooked chicken and stir to warm through.
4. Add fresh spinach.
5. Cook broccoli/cauliflower according to package instructions. Add to soup once cooled.
6. Add fresh dill to taste - start with 1 teaspoon if you're unsure how you'll like it.

To Blend:

1. Once cooled, add $\frac{1}{2}$ of portion to blender, blend until smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.



For more recipes and information visit www.CookingForTubies.com
Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

© 2010-2018 Savor Life Nutrition & Wellness, LLC, All Rights Reserved