

Chicken and Rice Soup

6-8 servings



Ingredients

- 10 cups chicken stock or canned chicken broth
- 2 cups cold water
- 2 cups leek {1 med leek}, white and tender green only, chopped 1/8 inch thick
- 1 1/2 cups carrots {2 med carrots, shredded using large hole cheese grater}
- 1 cup celery / 2 celery stalks, chopped
- 3/4 cup white rice, washed and rinsed {not cooked}
- 1 1/2 cups cooked chicken, shredded
- 1/2 cup scallions, thinly sliced
- 1 teaspoon sesame oil
- salt and pepper to taste

Instructions

1. Wash and rinse white rice with cold water a few times to get rid of most of the starch {the water will look milky during the washing}. Stop washing when the water is almost clear. Add the white rice along with carrots, leek and celery to the pot.
2. Pour chicken stock and water into the pot
3. Turn the heat to High and stir occasionally until the soup comes to a boil. Turn the heat down to Low and cover the pot with a lid, leaving a little opening for steam to let out. Cook it for about 1 - 1 1/2 hours, stirring it occasionally. After 1 - 1 1/2 hours of cooking, all the ingredients will be soft and tender with a creamy broth.
4. Add cooked shredded chicken, green onions, sesame oil, salt and pepper. Stir all the ingredients together and let it cook for about 5 minutes longer then serve.