

Creamy Chicken and Rice Soup by Lynn's Recipes



Lynn demonstrates how to make a delicious and easy Creamy Chicken and Rice Soup suitable for lunch or dinner.

Ingredients:

- 1 teaspoon olive oil
- ½ onion, chopped
- 2 carrots, diced
- 2 stalks celery, diced
- 2 cloves garlic, diced
- 5 cups of chicken broth or stock
- 1 teaspoon chicken bouillon
- ½ teaspoon dried basil
- Sea salt and freshly ground pepper, to taste
- 1 bay leaf
- 1 cup cooked chicken breast, diced
- ½ cup long grain rice
- ½ cup frozen sweet corn, thawed
- 1 Tablespoon corn starch
- 1 -- 12 ounce can evaporated milk

Heat olive oil in a large soup pot over medium heat. Add onion, carrots and celery and cook until tender, stirring occasionally, about 5 minutes. Add garlic and cook for another 60 seconds. Add the chicken stock, diced chicken, rice, corn, bouillon, basil, sea salt, black pepper, and bay leaf. Cover and cook over medium heat for 15-20 minutes. Mix the corn starch and evaporated milk together and add to the soup. Cook for a few more minutes. The

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soup will thicken as it cooks.

Note -- If you would like it a little bit spicy, add a little bit of cayenne pepper to the finished soup.

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