



# Southwestern Chicken & Rice Soup

*from Wild Oats Market*

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| 1 lb. boneless chicken breasts         | 10 cups chicken stock                      |
| $\frac{3}{4}$ cup white onion, chopped | 1 $\frac{1}{2}$ cups bell peppers, chopped |
| 1 cup carrots, chopped                 | 1 cup celery, chopped                      |
| 2 cans diced stewed tomatoes           | 1 (8 oz.) can tomato sauce                 |
| $\frac{1}{2}$ tsp. cumin               | $\frac{1}{2}$ tsp. oregano                 |
| $\frac{1}{4}$ tsp. chili powder        | 1 tsp. salt                                |
| $\frac{1}{2}$ tsp. ground pepper       | 1 tbsp. brown sugar                        |
| $\frac{1}{2}$ cup rice                 |  |

Place the chicken breasts into a large soup pot and cover with chicken stock and onion. Bring to a boil over medium-high heat and cook for 20 minutes, until chicken is cooked through.

Remove the cooked chicken from the broth and shred it with two forks. Place it back into the pot.





Add the stewed tomatoes and juices, tomato sauce, spices and brown sugar and stir to combine.

Add the rice and bring soup to a rolling boil and cover it, with the lid ajar so some steam can escape. Cook for 15 minutes until rice and vegetables are tender.

