

## *Cream of Chicken and Rice Soup, Mary McMahon '12*

### Ingredients

- 1.5 cups of celery, chopped
- 1.5 cups of carrot, chopped
- 1 cup of onion, chopped
- 5 cloves of minced garlic
- 16 oz of chicken breast, diced
- 3 cups of white rice
- 8 cups of chicken broth
- 1/2 cup of heavy whipping cream
- 4 tbsp slurry (water & cornstarch mix)
- 1/2 tbsp of olive oil
- 1 tbsp poultry seasoning
- salt and pepper to taste

### Directions

Add your olive oil to a large stock pot on medium, and add your carrot, onion, celery, and garlic. Stir occasionally to ensure it doesn't burn. Once vegetables look like they're about half way cooked, add poultry seasoning, salt, and pepper, and continue to cook. At this time, get your rice cookin'. Once vegetables look about done (onion should be translucent), add your chicken to the mixture. Make sure you don't completely brown it, but it should look somewhat cooked. Add your chicken broth to your pot. Bring soup to a boil or until chicken is completely cooked through. Simmer for 30-60 minutes or until chicken is as tender as you like it. Take your cooked rice and add it to the soup. Turn the heat off. Add your cream to the soup mixture...making it officially Cream of Chicken and Rice Soup! Add your slurry to the soup. I will sometimes use the broth itself to create a slurry, but feel welcome to use water. Add more/less slurry depending on how thick you like your soup. I like mine on the thicker end, so adjust accordingly. Taste your soup and add any more poultry seasoning, salt, and pepper as you see fit! Serve with a thyme garnish and big chunk of crusty bread.