

# Creamy Chicken and Rice Soup

Total Cook Time: 1 hour 20 minutes

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

\*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

## Prepare with (aka ingredients needed to prepare meal):

- 3 cups (6 cups)\* chicken broth
- 1/2 cup (1 cup)\* heavy cream or half and half
- Optional toppings and garnishes: fresh cracked pepper, shredded cheddar cheese

## Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 3 cups (6 cups)\* chicken broth. Make sure most of the rice is near the bottom of the pan and submerged in liquid.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 30 minutes.
3. When pressure cooking is complete, use a natural release.
4. Move meat to a cutting board and shred or dice. Return meat to soup. Stir 1/2 cup (1 cup)\* heavy cream or half and half into soup.
5. Serve hot with desired toppings. Season with salt and pepper to taste.

## Slow Cooker Cooking Directions:

1. Add frozen meal to the slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees and the rice is cooked. Continue with steps 4-5.

## Leftover Suggestions:

- Chicken and Rice Casserole- pour leftovers into a baking dish, tops with breadcrumbs and cheese, and back at 350 degrees for 20-25 minutes.
- Creamy Chicken Pot Pie- pour soup into an uncooked pie crust and bake until golden brown.

## Notes:

- For a lighter, brothy soup, simply omit the heavy cream or half-and-half, or use only half the amount.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings per container		<b>Total Fat</b> 1g	<b>1%</b>	<b>Total Carbohydrate</b> 37g	<b>13%</b>
<b>Serving size</b> <b>1 cup (200g)</b>		Saturated Fat 0g	<b>0%</b>	Dietary Fiber 3g	<b>11%</b>
<b>Calories</b> per serving <b>240</b>		Trans Fat 0g		Total Sugars 3g	
		<b>Cholesterol</b> 55mg	<b>18%</b>	Includes 0g Added Sugars	<b>0%</b>
		<b>Sodium</b> 780mg	<b>34%</b>	<b>Protein</b> 21g	
		Vitamin D 0mcg 0% • Calcium 40mg 2% • Iron 2.5mg 15% • Potassium 210mg 4%			
		Vitamin A 240mcg 25% • Vitamin C 5mg 6%			

INGREDIENTS: CHICKEN, RICE, ONION, CARROTS, CELERY, GARLIC, SALT, SPICE

