

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

4 servings per container
Serving size
1 cup (200g)

Calories per serving
240

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1g	1%	Total Carbohydrate 37g	13%
Saturated Fat 0g	0%	Dietary Fiber 3g	11%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 55mg	18%	Includes 0g Added Sugars	0%
Sodium 780mg	34%	Protein 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

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

