

Chicken Soup with Rice and Rainbow Chard



INGREDIENTS

- 2 tsp. Vegetable oil
- ½ cup onion, chopped
- ½ cup carrot, chopped
- 1 tsp. Thyme, ground
- 2 garlic clove, minced
- 2 cups water (or chicken stock)
- 1 cup chicken (or your favorite meat alternative), cooked, skinned, cubed
- 1 cup Rainbow Chard
- ½ cup cooked brown rice
- ¾ cup tomato, diced
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DIRECTIONS

- Heat oil in a medium saucepan and saute onions and carrots until tender, about 5 minutes.
- Add thyme and garlic to the mixture and saute for another minute.
- Add water (or stock), chicken, kale, cooked rice, and tomato. Simmer for 5-10 minutes until done.

