

Nancy Joie's Chicken Rice Vegetable Soup

In a crockpot, combine the following spices—

- ½ teaspoon of sea salt
- ¼ teaspoon of ground black pepper
- 1 teaspoon of dried thyme
- ¼ teaspoon of dried marjoram
- 2 teaspoons of dried minced onions
- ½ teaspoon of SeasonsAll
- 1 bay leaf

Then add the following vegetables to the crockpot—

- 3 stalks of celery (sliced)
- 3 carrots (sliced)
- 1 onion (chopped)
- 4 mushrooms (fresh, sliced)
- ½ tomato (fresh, chopped)
- 2 tablespoons of parsley (fresh, chopped)

Then add 6 cups of chicken broth (low sodium) to the crockpot.

In large saucepan, place three chicken breasts (or equivalent) and begin to heat (low). After 10 minutes, turn the chicken over. As each piece loses its pink color, remove from the pan and cut into ½" cubes. After cutting, add the cubes to the crockpot. Repeat for each piece until all chicken has been cut and added to the crockpot.

Cover the crockpot and cook for either 4 hours on the high setting or 6 hours on the low setting. Regardless of which setting is used, 1 hour before the cooking time is complete, add 1 cup of long-grain/wild rice (RiceSelect, Royal Blend, Whole Grain—Texmati Brown and Red Rice is my favorite). During the cooking time, add water as necessary to get the desired consistency. Makes 6 servings.

Note that turkey may be substituted for chicken. Also, barley may be substituted for rice (also added 1 hour before completion).