

Quick Chicken Rice and Lime Soup



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Recipe by: Laura Vitale

Serves 4

Prep Time: 10 minutes

Cook Time: 25 minutes

Ingredients

- 1 8oz Chicken Breast
- 1 Tbsp of Olive Oil
- 2 Stalks of Celery, diced
- 1 Small Onion, chopped
- 3 Cloves of Garlic, minced
- 1/2 tsp of Cumin
- 1/2 tsp of Oregano
- 1/2 tsp of Paprika
- 14.5 oz can of Diced Tomatoes
- 3 Cups of Chicken Stock
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For serving:

- Diced Avocado
- Chopped Cilantro
- Lime Juice
- Cooked white rice

1) In a medium size pot, saute the onions, garlic and celery with the olive oil over medium heat for a few minutes.

2) Add the stock, tomatoes, spices and chicken breast. Bring to a boil, reduce the heat to low and allow to simmer for 20 minutes.

3) Remove the chicken from the soup, allow it to sit for a bit to cool, shred it and pop it back in the soup.

4) When ready to serve, adjust the seasoning to taste, serve over rice and top it with the avocado, lime and cilantro.

