

Creamy Chicken and Rice Soup: Cozy, Comforting & Easy Weeknight Meal

There's nothing quite like a warm, comforting bowl of soup to soothe the soul, and this



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10 min

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INGREDIENTS

2 tbsp olive oil or butter
1 medium onion, diced
2 carrots, peeled and diced
2 celery stalks, diced
2 cloves garlic, minced
6 cups chicken broth (low-sodium recommended)
1 cup cooked white rice (leftover or freshly cooked)
2 cups cooked chicken, shredded or diced (rotisserie or leftover cooked chicken)
 $\frac{1}{2}$ cup heavy cream or half-and-half
Salt and black pepper, to taste
Optional: 1 tbsp fresh parsley, chopped (for garnish)

DIRECTIONS

- 1. Sautø Vegetables:** In a large pot or Dutch oven, heat 2 tablespoons of olive oil or butter over medium heat. Add the diced onion, diced carrots, and diced celery. Sautø for 5-7 minutes, stirring occasionally, until the vegetables are softened. Add the minced garlic and cook for another 1 minute until fragrant, being careful not to let it burn.
- 2. Simmer the Soup Base:** Pour in the 6 cups of chicken broth. Bring the mixture to a gentle boil, then reduce the heat to low. Cover the pot and let it simmer for 10-15 minutes, allowing the vegetables to become tender and the flavors to meld.
- 3. Add Chicken, Rice & Cream:** Stir in the 1 cup cooked white rice and 2 cups shredded or diced cooked chicken. Pour in the $\frac{1}{2}$ cup heavy cream or half-and-half. Stir everything gently to combine. Bring the soup back to a gentle simmer (do not boil vigorously once cream is added). Cook for another 5-7 minutes, or until the chicken and rice are heated through and the soup is warmed completely.
- 4. Season & Serve:** Taste the soup and adjust seasoning with additional salt and black pepper as needed. Ladle the warm, creamy Chicken and Rice Soup into bowls. If desired, garnish with fresh chopped parsley for a pop of color and freshness. Serve immediately and savor every comforting spoonful!

SWAPS & NOTES

Chicken: Cooked chicken, shredded or diced, is perfect for this recipe.

A rotisserie chicken is a fantastic shortcut.

You can also boil or bake chicken breasts/thighs specifically for this soup.

Rice: Cooked white rice (like long-grain or basmati) is ideal as it prevents the soup from becoming too starchy.

TIPS FOR SUCCESS

Cooked Rice is Key: Using pre-cooked rice prevents the soup from becoming too starchy and ensures the rice remains tender, not mushy.

Don't Boil Cream Vigorously: Once heavy cream or half-and-half is added, keep the soup at a gentle simmer to prevent it from curdling.

Good Quality Broth: A flavorful chicken broth forms the backbone of your soup.

SautØ Veggies Properly: Taking time to sautØ the vegetables until soft builds a good flavor base.

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