

Creamy Chicken and Rice Soup: A Cozy and Comforting Bowl of Soup

Creamy Chicken and Rice Soup



TIME
5-7 min

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INGREDIENTS

2 tbsp unsalted butter
1 large onion, chopped
2 cloves garlic, minced
2 carrots, chopped
2 celery stalks, chopped
1 lb boneless, skinless chicken breasts or thighs, cubed
6 cups low-sodium chicken broth
1/2 cup long-grain white rice, rinsed
1/2 cup heavy cream
1/2 tsp dried thyme
Salt and black pepper, to taste
Fresh parsley, chopped (for garnish)

Swaps and Notes:

Chicken: You can use boneless, skinless chicken breasts or thighs. Thighs will give you a richer flavor and a juicier texture.

Rice: Long-grain white rice works great, but you can also use a different type of rice, just be aware that the cooking time may vary. You can even use leftover cooked rice, adding it in during the last few minutes of cooking.

Cream: Heavy cream gives the soup its rich, creamy texture. You can use half-and-half for a lighter version, but it won't be as thick.

Vegetables: Feel free to add other vegetables like peas, corn, or potatoes. Just be sure to add them

at the appropriate time to ensure they cook through.

Herbs: Fresh thyme or a bay leaf would also be a great addition for more flavor.

Directions:

SautØ the Vegetables: In a large pot or Dutch oven, melt the butter over medium heat. Add the chopped onion, carrots, and celery. SautØ for 5-7 minutes until the vegetables are softened. Add the minced garlic and cook for another minute until fragrant.

Add Chicken and Broth: Add the cubed chicken to the pot and cook for 3-4 minutes, or until the outside of the chicken is no longer pink. Pour in the low-sodium chicken broth, add the dried thyme, and season with a pinch of salt and black pepper.

Simmer: Bring the soup to a boil, then reduce the heat to a simmer. Add the rinsed rice and stir. Cover the pot and let it simmer for 15-20 minutes, or until the rice is cooked through and the chicken is tender.

Add the Cream: Once the rice is cooked, reduce the heat to low. Stir in the heavy cream. Continue to cook for another 2-3 minutes, just to heat the cream through. Do not let the soup boil after adding the cream, as it can curdle.

Taste and Serve: Taste the soup and adjust the seasoning with more salt and pepper if needed. Ladle the soup into bowls, garnish with fresh chopped parsley, and serve hot.

Tips for Success:

Rinse the Rice: Rinsing the rice before adding it to the soup helps remove excess starch, which prevents the soup from becoming too gummy or thick.

Don't Boil the Cream: Once you add the heavy cream, keep the heat on low. Boiling the cream can cause it to separate and give the soup a grainy texture.

Cook Chicken and Rice Together: Cooking the chicken and rice in the same pot infuses the rice with a ton of flavor from the chicken and vegetables.

Adjust Consistency: If you prefer a thicker soup, you can make a quick slurry with a tablespoon of cornstarch and a little water and stir it into the simmering soup. If it's too thick, simply add more chicken broth.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: Approximately 350

Protein: 30g

Fat: 15g

Carbohydrates: 25g

DIRECTIONS

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10. **Serving Suggestions and Pairings:** This Creamy Chicken and Rice Soup is a meal in itself, but it pairs wonderfully with some simple sides. A side of crusty bread for dipping is a must. A simple green salad would also be a great addition.
11. **Nutritional Information (Per Serving):** Please note: This is an approximation and can vary based on the specific ingredients used.
12. **Calories:** Approximately 350
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16. This is a hearty, protein-rich meal that will leave you feeling full and satisfied.
17. **Storage and Leftover Tips:** Leftover soup can be stored in an airtight container in the refrigerator for up to 3 days. The rice will continue to absorb liquid, so the soup will likely be thicker when you reheat it. To thin it out, simply add a splash of chicken broth or water. You can also freeze the soup (without the cream) for up to 3 months. When reheating, thaw it and then add the cream.
18. **More Recipes You Will Love:** If you're a fan of simple, delicious chicken recipes, you'll love some of my other creations. For a great weeknight dinner, my recipe for This Dorito Casserole is My Favorite Weeknight Dinner Shortcut is a lifesaver. For a lighter, fresher take on chicken, you can't go wrong with my recipe for A Light Tangy Chicken Salad I Actually Crave and There's No Mayo in Sight. And for a cozy, comforting dinner, you can't go wrong with my recipe for These Chicken Enchiladas are My Go-To for Cozy Crowd-Pleasing Dinners.
19. **Final Thoughts:** This Creamy Chicken and Rice Soup is a recipe that is sure to become a staple in your kitchen. It's a simple, classic comfort food that's perfect for any occasion. It's warm, cozy, and tastes like home.
20. I'd love to know what your favorite toppings are for soup! Let me know in the comments below. And don't forget to follow me for more delicious recipes. Happy cooking!

SWAPS & NOTES

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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