

Ingredients:

2 cups cooked, shredded chicken
2 cups cooked brown rice
1/2 cup diced carrot
1/4 cup diced celery
1/2 cup diced onion
4 cloves minced garlic
1-1/2 tbsp extra virgin olive oil
3 tbsp white whole wheat flour
4-5 cups chicken broth/stock
1/2 cup light sour cream
3 cups broccoli florets
salt & pepper to taste



Notes: Makes 4 entree servings. This soup is a great use for leftover chicken and rice. You can use other types of rice such as white or wild. For picky eaters, prepared [Macaroni and Cheese](#) can take the place of the rice. All-Purpose flour can be used in place of the White Whole Wheat flour. Adjust garlic to suit your taste. Add herbs or other vegetables as desired; chopped Italian parsley and lemon zest add a fresh clean taste.

Directions:

1. **Prepare rice and chicken** if not using leftovers. One cup dry, brown rice prepared with 1 cup water and 1 cup chicken stock adds depth of flavor. Follow package directions for cooking time. Saute chicken seasoned with salt and pepper in a small amount of oil over medium-high heat just until golden. Set aside.
2. **Saute vegetables.** Heat a small amount of oil to medium and saute carrot, celery and onion just until tender. Add garlic. Saute one minute more and remove from heat. Set aside.
3. **Make the roux.** In the same pan the vegetables (and chicken) were sauteed, add oil and flour. Over medium heat, scrape cooked bits of vegetables (and chicken) from pan and incorporate into roux. Cook the roux until golden and nutty. If using White Whole Wheat flour, the roux will be darker than with All-Purpose flour.
4. **Make the broth.** Add chicken stock a half cup at a time to roux and stir continuously until roux is incorporated into stock. Continue cooking and stirring over medium heat until slightly thickened and bubbling. Add sour cream and incorporate. Add shredded chicken and sauteed vegetable mixture back to broth. Simmer until desired thickness, 20-30 minutes.
5. **Bowl it up!** Portion 1/2 cup cooked, brown rice in center of bowl. Add steamed broccoli florets around rice. Ladle piping hot soup over broccoli and serve immediately. Share and enjoy!