

*Last night I had a special guest for dinner, my cousin Chris Risley-Curtis, from Phoenix, who requested “no dairy and not too spicy.” Here is the recipe I created for my cousin--it takes 20 minutes to shop for the groceries and about 30 minutes to make this fresh, healthful and delicious soup!*

## **Tante Marie's Chicken Soup with Winter Vegetables and Rice**

### *Ingredients*

1 medium onion, chopped  
1 Tbs. olive oil  
1/2 cup long-grain white rice  
1 qt. homemade or canned chicken stock  
4 carrots, cut in 1/4-inch dice  
1 rutabaga, peeled and cut in 1/4-inch dice  
2 half chicken breasts, boned and skinned  
3 Tbs. chopped green onions  
3 Tbs. minced Italian parsley  
coarse salt and freshly ground black pepper

### *Instructions*

In a medium-sized Dutch oven cook the onions in the olive oil with 1/2 tsp. salt over medium high heat until soft. Add the rice and coat with the onion mixture, then add the chicken stock and simmer gently for about 15 minutes.

Meanwhile, trim any fat or cartilage from the chicken breasts, sprinkle generously with salt and pepper and cut into 1/2 inch pieces. (Be sure and wash the cutting board and knife with bleach or lemon and salt before storing.)

Add the chopped carrots and rutabagas and cook another 5 minutes. Add the chicken and cook another 3 minutes. Add warm water to reach the desired consistency. Add the green onions, Italian parsley, and lemon zest and cook another minute. Taste and add salt, pepper and lemon juice to taste.

**Serves 6.**