



Chicken Brown Rice Soup (HS)

Serving: 1

Non Veg

Ingredients

- Serves 1
- -Soaked Brown Rice - 1 tbsp
- -Oil - $\frac{1}{2}$ tsp
- -Coarsely Chopped Onion - 1 tbsp
- -Thinly sliced Mushrooms (if you like) - 2 tbsp
- -Shredded Chicken - 2 tbsp
- -Chopped Celery ribs - 1 tbsp
- -White pepper powder - to taste
- -Salt to taste

Preparation Method

- 1) Cook brown rice with one cup of water and salt. Drain and keep aside
- 2) Add chicken to 2 cups of water in a vessel. Bring it to boil and then reduce the heat to low
- 3) Simmer for 10 to 15 mins until the chicken is cooked and tender. Remove the chicken and allow it to cool.
- 4) Strain the broth from the vessel and reserve. Shred and keep aside the chicken when it is cooler.
- 5) Heat oil in the same vessel over medium heat and saute celery and onion for 5 mins. Add mushrooms and cover the vessel.
- 6) Cook for 5 mins, stir occasionally until everything is tender. Add the reserved broth and partially cooked brown rice to this mixture.
- 7) Add white pepper powder, salt and simmer, uncovered for 15 mins and serve hot.