**Chicken Mushroom Soup**

Prep time: 20 min Cook time: 30 min

**Ingredients:**

* 250 gms boneless chicken breast cubes
* 4 cups chicken broth (can be made with powdered chicken stock)
* 1 onion chopped
* 2 carrots peeled and chopped
* 1 packet mushroom sliced
* 1 tsp garlic crushed
* ½ cup raw hand pounded rice
* 2 tbsp extra light olive oil
* 2 tbsp basil leaves chopped
* Low sodium salt & pepper to taste

**Instructions:**

1. Heat olive oil in a pan over medium heat. Add the onion, carrots, and mushrooms and sauté for about 5 minutes until the onions soften.
2. Add the garlic, chicken broth, chicken breasts, and rice. Bring to a boil, then reduce the heat and simmer for 20-25 minutes, stirring occasionally.
3. Allow the soup to cool slightly, then remove the chicken breasts and shred them using a fork.
4. Ensure the rice is fully cooked, then add the shredded chicken back into the soup.
5. Season with salt and pepper to taste.
6. Serve hot with sourdough bread or 100% whole wheat toasted bread.