

Chicken and Rice Soup



Recipe courtesy of Nancy Fuller

Show: Farmhouse Rules Episode: L.O.L. (Lots of Leftovers)

Level: Easy

Total: 2 hr 25 min

Active: 35 min

Yield: 6 to 8 servings

Ingredients:

Leftover Roast Chicken Stock:

- 1 leftover roast chicken carcass, meat picked off (reserve for the stew)
- 1/2 teaspoon kosher salt
- 8 black peppercorns
- 2 stalks celery, cut into chunks
- 1 bay leaf
- 1 carrot, cut into chunks
- 1 onion, cut into chunks

Soup:

- 2 tablespoons olive oil
- 3 cloves garlic, chopped
- 2 carrots, unpeeled and diced
- 2 stalks celery, diced
- 1 onion, diced
- 1 cup chopped kale
- Kosher salt and freshly ground black pepper
- 2 cups canned plum tomatoes
- 2 cups leftover cooked long-grain brown rice
- 1 cup leftover chicken meat, chopped
- Chopped fresh parsley, for serving
- Grated Parmesan, for serving

Directions:

1 For the leftover roast chicken stock: Put the cleaned chicken carcass in a large saucepan along with the salt, peppercorns, celery, bay leaf, carrots and onions and cover with cold water, about 8 cups. Bring to a boil, reduce the heat to a low simmer and cook for 1 1/2 hours. Strain the stock through a fine-mesh sieve or a colander lined with paper towels. You should have 6 cups stock after cooking.

2 For the soup: Heat the olive oil in a large soup pot over medium-high heat until hot. Add the garlic, carrots, celery and onions and saute until tender, 4 to 5 minutes. Add the kale and cook for about 2 minutes. Season with salt and pepper. Hand-crush the canned tomatoes directly into the pot; it's nice to keep a little texture with the tomatoes. Add the chicken stock and simmer the soup on medium heat for 20 minutes. Fold in the rice and chicken and simmer for 5 more minutes. Finish with chopped parsley and serve in warm bowls with grated Parmesan on top.

