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## Chicken Soup with Rice

Serving Size – 8

Preparation time: approximately 1 hour and a half

### Ingredients

1 whole; 4 to 5 pound frying chicken cut into quarters. Soup poultry is normally used but it takes much longer to cook. Using a younger hen or springer will reduce the cooking time.

1 medium onion, finely chopped into 1/4 by 1/2 inch slices.

Juice of a whole lemon

1/2 cup of white wine

4 garlic cloves, finely chopped

1 medium carrot, whole

1/2 cup of uncooked rice

1 quart (32 ounces) of water

3/4 cups of chopped parsley

1-2 teaspoon of salt or to taste

1 teaspoon of white pepper

3-4 tablespoons of olive oil

### Preparation

Marinate the cut chicken parts with the chopped garlic, salt, pepper, 1/2 cup of the chopped parsley, lemon juice and white wine. Make sure that all the chicken parts have been rubbed with the ingredients and allow the chicken to marinate for 2 hours in the refrigerator. Note-The chicken skin should not be removed and the skin provides additional flavor to the soup.

Remove the chicken from the refrigerator. In a 4 quart saucepan heat the olive oil and saute the chicken. Leave the marinate out at this time as it will be used with the onions. When the chicken is slightly golden add the chopped onions and the marinade. When the onions are translucent add the water and the carrot; whole. Bring everything to a boil and then reduce the heat to medium. Once the chicken is tender, easily pierced with a fork and easily removed from the bone, turn off the heat. Remove the chicken pieces from the broth and let them cool a little. Once the chicken pieces are cooled, the meat can now be removed from the bones. I like to pull the chicken meat off the bone as this gives a more traditional look to the soup.



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Remove the carrot from the broth, mash it with a fork and add the mashed carrot back into the broth along with the rice. Make sure to rinse the rice with water before adding it to the broth. Bring the broth and rice to a boil, then reduce the heat to low-medium. Cook the rice until it is nice and tender. Make sure the broth does not evaporate too much. Add water as needed (up to two cups) in order for the soup not to be too thick. After the rice is tender add the remaining 1/4 cup of parsley to the soup and turn off the heat.

Add back the pulled chicken and now you're ready to serve.