

Celebrate Waste Reduction Week 2016

Get #GreatTasteLessWaste with: Rice & Chicken Soup

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 can green peas and carrots
- 2 celery sticks, chopped in small pieces
- 4 fresh thyme sprigs
- 1 bay leaf
- 1 Litre chicken stock or broth
- 2 cups leftover white rice
- 1 1/2 cups shredded cooked chicken
- Salt and black pepper to taste

Directions

- Place a pot over medium heat and add the olive oil. Add the onion, garlic, celery and thyme and cook and stir for about 5 minutes, until the vegetables are softened but not browned.
- Pour in the chicken broth and bay leaf; bring the liquid to a simmer.
- Add in the rice, can of peas and carrot and chicken.
- Season with salt and pepper and cook on medium-low for about 15minutes.
- Serve hot.

Makes 6 servings

For more information on how you can help to get Northumberland County to the goal of 75% waste diversion, visit www.NorthumberlandCounty.ca/MakeLessWaste.