

# LEFTOVER CHICKEN & RICE SOUP

**F EASY**

Last Modified: 05/22/2014

PREP: 1 Hr  
COOK: 2 Hrs  
STOVETOP

SOUP-POULTRY

**MAKES 6 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
1	Leftover	Thanksgiving Turkey Carcass	Stripped
OR			
1	Leftover	Rotisserie Chicken (Plain Flavored)	Stripped
OR			
2	12 1/2 Oz	Cans Chicken Breast Chunks (Swanson)	Chopped
OR			
1	Cup +/-	Chicken Meat	Stripped
2	Cups	Long Grain Brown Rice	Cooked
OR			
2	Cups	Orzo OR Risoni Pasta	Cooked
4	Tbsp	All Purpose Flour	
2	Tbsp	Olive Oil	
3	Cloves	Garlic	Minced
2	Large	Carrots (Peeled)	Diced
2	Stalks	Celery	Diced
1	Large	Yellow Onion	Diced
6	Ears	Fresh Sweet Corn (Peaches & Cream)	Stripped
OR			
2	11 Oz	Cans Niblets Sweet Corn	Drained
2	Cups	Kale	Chopped
OR			
2	Cups	Spinach	Chopped
2	14 1/2 Oz	Cans Diced Fire Roasted Tomatoes (Hunts)	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste
2	Tbsp	Fresh Italian Parsley Leaves	Chopped
2	Tbsp	Parmesan Cheese	Grated

## HOMEMADE CHICKEN STOCK

1	Leftover	Chicken Or Turkey Carcass	Stripped
8	Cups	Water	
2	Cubes	Chicken Bouillon (Wyler's)	
8	Whole	Black Peppercorns	
1/2 +/-	Tsp	Kosher Salt	To Taste
2	Stalks	Celery	Coarse Chop
1	Medium	Carrot (Scrubbed)	Coarse Chop
1	Medium	Yellow Onion	Coarse Chop
1	Whole	Dried Bay Leaf	Crushed

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OPTIONAL		
2	Tbsp	Water
2	Tbsp	Tapioca Flour (Will not Gel when reheated later)
PREPARATION		
<b>FACTOID</b>	This has an excellent, easy to do homemade (kind of) Chicken Stock base. If you want to make the soup using canned Chicken Breast Chunks instead of leftover carcasses, substitute 2 quarts of Canned Chicken Stock for the homemade Water & Carcass Stock.	
<b>HINTS</b>	If you choose fresh Sweet Corn over canned, use a mandolin slicer to quickly and easily slice the Corn off of the Cobs. Boil the stripped Cobs for extra flavor while making the Homemade Chicken Stock.	
<b>TOOLS</b>	<ol style="list-style-type: none"> <li>1) Stock Pot &amp; Lid</li> <li>2) Fine Wire Strainer</li> <li>3) Medium Saucepan &amp; Lid</li> <li>4) Large Saucepan &amp; Lid</li> <li>5) Medium Mixing Bowl</li> <li>6) Mandolin Slicer</li> </ol>	
<b>PREP</b>	<b>DISH</b> <ol style="list-style-type: none"> <li>1) Strip the Meat off of the Carcass and set both aside.</li> <li>2) Mince the Garlic Cloves and set them aside.</li> <li>3) Dice the Yellow Onions and set them aside</li> <li>4) Dice the Carrots and add them on top of the Onions.</li> <li>5) Dice the Celery and add them on top of the Onions.</li> <li>6) Chop the Kale and set it aside.</li> <li>7) Chop the Parsley Leaves and set it aside.</li> <li>8) Grate the Parmesan Cheese and set it aside.</li> </ol>	
<b>PREP</b>	<b>HOMEMADE CHICKEN STOCK</b> <ol style="list-style-type: none"> <li>1) Coarsely chop the Yellow Onion and set it aside</li> <li>2) Coarsely chop the Carrots and add them on top of the Onions.</li> <li>3) Coarsely chop the Celery and add it on top of the Onions.</li> <li>4) Crush a Bay Leaf in your hands and add it on top of the Onions.</li> </ol>	
<b>1</b>	<b>CHICKEN STOCK:</b> Pick all Meat from the leftover Turkey or Chicken Carcasses, cut and pull it into appropriate bite sized pieces and set it aside. Break or chop the Carcass bones up into small enough pieces to fit inside of the stock pot.	
<b>2</b>	<b>CHICKEN STOCK:</b> Put the Carcass pieces in the stock pot over medium heat with the Salt, Peppercorns, Celery, Bay Leaf, Carrots, Corn Cobs (if available) and Onions and cover them with Cold Water, about 8 cups. Bring it to a boil, reduce the heat to a low simmer and cook them uncovered for 1 1/2 hours. Strain the Stock through a fine wire strainer or a colander lined with damp paper towels. You should end up with about 6 cups of cloudy Stock after cooking.	
<b>3</b>	<b>RICE OR PASTA:</b> Meanwhile, in a medium saucepan, cook 1 cup of either the Rice or Orzo Pasta according to package directions and set it aside. You will end up with roughly 2 cups when finished.	

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<b>4</b>	<b>SOUP:</b> Heat the Olive Oil in a large saucepan over medium high heat until the Oil begins to shimmer. Add in the Carrots, Celery and Onions and saute them until tender, 6 to 8 minutes. Add in the Garlic and saute it until you can smell it. Make a Roux by adding in the Flour and cook while stirring for at least 3 minutes more to get rid of the Flour taste.
<b>5</b>	<b>SOUP:</b> Add in 1/2 cup of the Chicken Stock. Add in the Kale or Spinach, cover and cook for about 2 minutes more. Add in the Tomatoes. Season to taste with Salt and Pepper. Add the Mixture into the Chicken Stock pot.
<b>6</b>	<b>SOUP:</b> Add in the Bouillon Cubes and simmer the soup on medium low heat for 20 minutes. If you want a thicker broth, mix equal amounts of Cold Water and Tapioca Flour and slowly drizzle the mixture into the Soup while stirring until you reach the desired consistency.
<b>CAUTION</b>	Adding the Rice or Pasta in too early WILL indeed turn it into mush.
<b>7</b>	<b>SOUP:</b> Fold in the Corn, Rice or Pasta and Chicken and simmer for 5 more minutes.
<b>SERVE</b>	Serve the Soup in warm bowls garnished with fresh Parsley and Grated Parmesan on top with a slice or two of Crusty Bread on the side.