

Chicken and Rice Soup

A recipe from: **The YEAST-FREE KITCHEN**

"TO HELP YOU ACHIEVE VICTORY OVER THE YEAST-BEAST, CANDIDA ALBICANS"

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A long-time family favorite. Sesame drop biscuits are good with this.

1 whole chicken
8 cups of water
1 tsp. sea salt
2 stalks celery with tops
½ medium onion, chopped
1 cup carrots, chopped
1 cup celery or broccoli chopped
1 cup zucchini or yellow squash, sliced
1 cup basmati rice
1 T. Vege-Sal
1 tsp. black pepper
1 T. cumin
1 T. dried oregano
1 bunch cilantro, chopped

Cook chicken in water with salt, celery and tops, and onion for one hour or until done. Remove from both, cool, and debone.

Cook rice in 2 cups of chicken broth 20 min. or until done.

While rice is cooking, add carrots, celery, zucchini, Vege-Sal, pepper, cumin and oregano to the remaining chicken broth and cook covered for 10 min.

Combine all in a large pan, add cilantro and cook a few more minutes.

Servers 8.