Chicken Rice and Carrot Soup

About 8 cups/1.9 L soup, four bowls with one bread slice each · Active 20 min · Total 55 min

Skills: Cooking raw rice in a soup and preserving the mixed dish’s short rice storage clock

Ingredients

- 1 tablespoon neutral or olive oil (15 ml)
- 1 medium onion, finely chopped (150 g)
- 3 medium carrots, cut into 1/2-inch/1 cm dice (300 g prepared)
- 1 garlic clove, finely chopped (3 g)
- 1/2 teaspoon dried thyme (0.5 g)
- 5 cups water (1.2 L), plus up to 1/2 cup/120 ml if needed
- 1/2 cup dry long-grain white rice (100 g), rinsed
- Commercially canned fully cooked chicken, drained (about 9 oz/250 g; commonly one 12.5 oz/354 g net can, but check actual yield)
- 1/2 teaspoon fine salt (3 g)
- 1/4 teaspoon black pepper (0.5 g)
- 4 substantial slices sound bread (240 g total)

Set out

Saucepan, at least 4 qt/4 L, Strainer, Knife and board, Ladle, Shallow containers for leftovers, Food thermometer for reheating

Allergens

wheat. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium heat. Cook onion and carrot for 7–8 minutes, stirring. Add garlic and thyme for 30 seconds.

2. Add 1.2 L water, rinsed raw rice, salt and pepper. Bring to a boil, then reduce to a steady simmer and partly cover. Cook for 15–20 minutes, or the rice packet time, until rice and the largest carrot pieces are tender. Stir occasionally.

3. Separate the drained cooked chicken into spoon-sized pieces. Add to the soup and simmer for 4–5 minutes until hot throughout. If the rice has absorbed more water than expected, add up to 120 ml extra water a little at a time and bring back to a simmer.

4. Divide the whole pot among 4 bowls with one bread slice each. For later portions, start rapid shallow cooling promptly; do not leave the rice soup in the warm deep pot.

Measure drained chicken

Net can weight includes liquid. If a different-sized can is available, measure the drained amount needed and refrigerate any remainder promptly according to its label.

Ingredient labels

Bread normally supplies wheat and may contain milk, egg, sesame or soy. Canned chicken can contain broth or seasonings with additional ingredients; check the actual packs.

A useful detail

Rice and carrot need their full tenderness check before the cooked chicken is folded in. The 55-minute total includes bringing the broth to a boil, not just its simmering time.

Keep it well

Cool rice soup quickly in shallow portions, ideally within 1 hour, and refrigerate at 40°F/4°C or below. Use within 24 hours of cooking the rice and reheat only once to 165°F/74°C throughout, stirring well. Freeze promptly cooled portions within that window for up to 1 month; thaw in the refrigerator and reheat once promptly. The rice softens and absorbs broth during storage. Bread stays separate.