



## **Chicken Rice Soup**

6 large chicken legs  
Celery & Parsley  
4 garlic cloves smashed  
1 small yellow onion  
¼ bell pepper  
2 bay leaves  
8 cups water

- Rinse the chicken legs and place them in a large pot.
- Tie the celery and parsley into a bouquet.
- Place all of the ingredients in the pot with the chicken and add the water.
- Cook for 60 to 90 minutes, skimming the foam and fat as it forms, until you have a nicely concentrated stock.
- Remove all of the ingredients from the stock. Discard everything but the chicken.
- Skin the chicken and shred the meat, making sure you get rid of all bone and cartilage.

½ cup rice  
1 cup assorted, thawed veggies (carrots, peas, corn)  
1 TBS tomato paste  
Salt & Pepper  
Dried oregano

- Place the rice into a small skillet with some oil. Brown for a few minutes. Add to the stock.
- Return the chicken and vegetables to the stock. Add the tomato paste and make sure it is dissolved well. Season with salt and pepper. Add the oregano.
- Cook for an extra 20 minutes, until rice and vegetables are cooked through.
- Serve.

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