

Chicken & Rice with White Beans Soup

1.9g-10.9 for 12 OZ

2 - skinless, boneless chicken breasts, or boneless chicken thighs (about 16 oz total)
cut into bite size pieces

2 carrots cleaned & sliced

7 stalks of celery sliced (I like to use the heart of the celery & put the greenery in too)

1 large onion diced

1/4 CUP dry navy beans

1/4 CUP dry garbanzo (chick peas)

1/4 CUP dry pearl barley

1/4 CUP brown rice (uncooked)

1/4 CUP wild rice (uncooked)

1/4 CUP farro (uncooked)

1/4 CUP quinoa (uncooked)

Sea Salt, Pepper & Parsley to taste.

Water

In the past, I've rinsed & soaked my beans, rices & grains. I've found that by throwing them all in the pot (without the rinsing & soaking) doesn't make any difference in flavor from the rinsing & soaking method & is a whole lot faster.

Add 2 cups of water to a 5 quart soup pot. Add all other ingredients & turn burner to high to start boiling. Add more water to fill pot to within 1 1-1/2 inches from top. Bring to rolling boil. Put lid on & turn burner down to a strong simmer. Remove lid & stir occasionally. If the water boils down, add more water to bring the level back up. Continue cooking until all beans and grains are done. This should be about 3 hours. I let it simmer on low heat & stir occasionally so it won't stick.

Serving Size: makes 12 - 12 OZ servings

Submitted by: formerheavywght