

Chicken Rice Soup

Recipe adapted from University of Minnesota Extension

Fresh Produce

- 1 onion

Pantry Staples

- Pepper
- Garlic powder
- Celery seed
- Thyme
- Sage
- Rosemary
- Onion powder
- 24-ounce jar olive oil or vegetable oil
- All-purpose flour

Canned and dry goods

Vegetables:

- 1 can sliced carrots

Meat:

- 1 20 ounce can chicken

Cereal, pasta and grains

- 1-pound brown rice

Meat and dairy

- 1/2-gallon low-fat milk
- 1 pound butter