

# Try Rice Soup!



## Chao Ga Soup

Serves: 16 | Serving Size: 1 cup

### Ingredients:

6 cups water  
6 cups chicken broth  
1/2 cup glutinous rice  
2 cups converted brown rice  
2 cups chicken meat, shredded  
2 tablespoons fish sauce  
1 teaspoon sugar  
1 tablespoon poultry seasoning  
2 tablespoons sliced mushrooms  
4 eggs

### Garnishes:

1 teaspoon white pepper  
2 green onions, thinly sliced  
1 tablespoon chopped Thai basil or regular basil  
1 tablespoon fresh chopped flat leaf parsley

### Directions:

Place both kinds of rice into a large pot. Add the

water and stock. Bring the mixture to a boil, then lower the heat to a simmer and cover the pot.

Cook the mixture, stirring occasionally, until the rice is soft and the mixture is thick, about 50 minutes.

Add the fish sauce, sugar, shredded chicken, mushrooms, and poultry seasoning and stir well.

Add eggs to the top of the mixture and cover. Let it simmer for an additional 5-10 minutes, until the eggs are cooked well.

To serve, spoon the soup into serving bowls. Garnish with chopped spring onion, basil, and parsley.

### Nutrition Information:

Serves 16. Each serving has 160 calories, 1 g fat, 0 g saturated fat, 0 g trans fat, 15 mg cholesterol, 234 mg sodium, 26 g carbohydrate, 1 g dietary fiber, 1 g sugar, & 11 g protein. Each serving has 1% DV vitamin A, 1% DV vitamin C, 3% DV calcium, & 11% DV iron.

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