

# Rosita's Chicken Soup

From the kitchen of Rosita Arreguin, San Antonio

Preparation time: 1 hour

Number of servings: 8

## **Ingredients:**

*4 chicken breasts*

*8 cups water*

*¼ cup rice*

*½ can tomato sauce*

*½ small onion, chopped small*

*2 cilantro sprigs*

*1 lemon*

## **Preparation:**

1. Remove skin and bones from chicken breasts.
2. Boil chicken in water until fully cooked. Remove from water and set aside to cool.
3. Add rice, tomato sauce, and onion to chicken broth. Cook over low heat until rice is ready (about 25 minutes). Add cilantro.
4. Cut cooled chicken into small pieces.
5. When serving, put pieces of chicken at the bottom of each bowl. Then pour desired amount of soup with rice into each bowl. Squeeze a few drops of lemon on each serving.

## **Nutrition information per serving:**

FAT: 7% of calories from fat (low)

FIBER: less than 1 gram (med)

CALORIES: 58



## **TIP**

*Skinless and/or boneless chicken is more costly than removing the skin and bones yourself.*