



## **Very Quick Chicken and Rice Soup**

**30g chicken breast, cooked and shredded**

**30g brown rice**

**1 small zucchini, chopped**

**1 cup spinach, chopped**

**2 cups Organic Free Range Chicken broth** (10 calories a cup)

Pour broth into saucepan.

Add in veggies and bring to a boil.

Let simmer till veggies are tender.

Add in rice and chicken to warm.

Serve immediately.

30g protein/30g carbs/3.5g fat