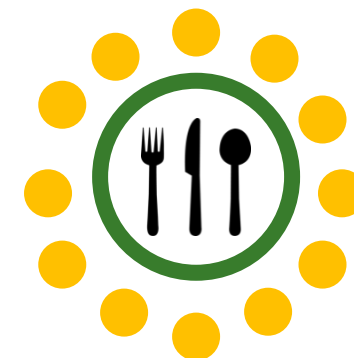


recipe of the week:

Chicken Vegetable Soup with Kale



ingredients:

2 tsp. vegetable oil

½ cup chopped onion

½ cup chopped carrot

1 tsp. ground thyme

2 cloves minced garlic

2 cups water or chicken broth

¾ cup diced tomatoes

1 cup cooked chicken, cubed (skinned prior to cooking)

½ cup brown rice

1 cup chopped kale

directions:

1. Heat oil in medium sauce pan.

2. Add onion and carrot & sauté 5 to 8 minutes until tender

3. Add thyme and garlic & sauté 1 minute

4. Add water or broth, tomatoes, cooked riced, chicken and kale

5. Simmer 5 to 10 minutes

Presented by:

