

Crock pot chicken and rice soup



'Tis the season for festive holiday celebrations and impromptu trips to schools to pick up sick children. Let's be honest, this time of year seems to be more "flu-ish" than Jewish for us!

Good thing I had some premade broth in my freezer. You can use boxed soup broth for the recipe, just eliminate the salt edition.

My mom always put a whole tomato in chicken broth-based soup's to add a hearty flavor with a little sweetness.

Here's to a healthy and happy rest of December!

8 cups chicken broth

1 cup uncooked white rice

4 carrots, peeled and diced

3 parsnips, peeled and diced

4 stocks of celery, diced

1/2 yellow onion, diced

4 cloves of garlic, peeled

1 whole tomato with fork holes poked in it

Put all ingredients in crockpot and cook on low for 3 to 4 hours or until rice and veggies soft.