



My True Village

Canja

Brazilian Chicken and Rice Soup

SERVES 6-8 • TRAVELS & FREEZES WELL

Ingredients

- 2 chicken breast fillets, cubed
- 1 medium onion, chopped
- 3 garlic cloves, minced
- Salt and paprika, to taste
- 2 large carrots (1 whole, 1 chopped)
- 2 potatoes (1 whole, 1.5 chopped)
- 1.5 cups uncooked rice
- Water, to cover generously
- 1 red chili (such as fresno), optional
- Chopped green onion, to finish

Make it

1. Saute the onion and garlic until lightly golden.
2. Add the chicken, season with salt and paprika, saute well.
3. Add the whole carrot and whole potato, cover with water, cook until very soft.
4. Lift out the whole carrot and potato, blend with a ladle of broth, stir the cream back into the pot.
5. Add the chopped carrot, chopped potato, rice, and chili; cook until very tender.
6. Finish with green onion. Serve warm.

MAKE-AHEAD TIP

Freeze in single portions and it reheats beautifully. Warm matters, so send it hot for a village drop-off.

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Made with care for new moms everywhere