

CHICKEN SPINACH SOUP

Barbara Glanz

comments

This soup makes a complete meal, if you wish. In any case, it's so good you can serve it to company as a meal starter as well.

notes

Any part of this, or all of it may be made the day before, and it's still terrific. While the chicken is cooking, prepare rice and spinach.

prepare in advance

Ingredients

Cut up

1 frying chicken (or any combination of all dark, all light, etc.)

Rough Chop

1 medium onion
2-3 stalks of celery with leaves if possible
1 carrot

Combine in a large pot the above ingredients and bring to a boil with

2-3 tsp. instant chicken bouillon with flavors
1 tsp. garlic salt
water to cover

Measure and set aside

1 C uncooked rice (3 C finished)
16 oz. sour cream

Wash, remove stems, cut into pieces, or tear into small pieces

2 lbs. fresh spinach (or 2 packages frozen chopped)

complete recipe

Bring chicken mixture to a boil, then simmer about 1 hour.

While this cooks, cook rice.

Remove chicken; de-bone; cut into chunks.

Put juices through a sieve and discard all but the liquid.

Add sour cream a little at a time, tasting until you like it (you don't have to use all of it); blend well until creamy. If you prefer you may take some stock, add it to the sour cream in a small bowl, then blend until lumps are gone; add back to base.

Add spinach; cook until spinach is softened.

Add back chicken, then as much of the rice as you wish.

Season with more salt and pepper to your taste.