

Ginger Broth With Vegetables

A zingy take on chicken soup

INGREDIENTS:

- ¾ cup low-sodium chicken broth
- 1 inch fresh ginger root
- 1 tbsp fresh lime juice
- ¼ cup cooked rice, white or brown
- ¼ cup chopped, cooked white chicken meat
- 2 tbsp shredded carrots
- 2 tbsp chopped sugar snap
- 2 mushrooms, sliced
- 1 Unflavored Juven[®] packet
- Fresh cilantro
- Pinch of salt

NOTES:

Garnish with fresh cilantro.

SERVINGS: 1



DIRECTIONS:

STEP 1

Peel and finely chop ginger. Pour the broth into a microwave-safe container, add ginger, and microwave for 1 to 2 minutes, until very hot.

STEP 2

Remove container from the microwave, cover, and steep for 10 minutes. Strain broth and return it to the microwave-safe container.

STEP 3

Add lime juice, salt, rice, chicken, carrots, peas, and mushrooms, and return to microwave for 1 to 2 minutes, or until hot and the carrots are tender.

STEP 4

Remove container from microwave, stir in the Juven. Garnish and serve.



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Use Juven under medical supervision.

