

## Chicken and Rice Soup\*

Yield:8 to 10 servings

### Ingredients

2 tablespoons olive oil  
1 chicken (3 pounds) boned, skinned, and visible fat removed, diced, (save the bones and carcass)  
\*\*Essence, recipe follows  
1 1/2 cups chopped onions  
1 cup chopped celery  
1 cup diced carrots  
1/2 cup chopped green onions  
2 tablespoons minced garlic  
1/4 cup fresh parsley leaves  
2 tablespoons chopped fresh basil  
4 bay leaves  
2 cups assorted chopped fresh vegetables, such as beans, zucchini, yellow squash, or cabbage, small dice  
1 1/2 cups torn spinach leaves, cleaned and stemmed  
Pinch crushed red pepper  
3 quarts chicken stock  
1/4 pound long grain white rice, uncooked

\*\*Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast):

2 1/2 tablespoons paprika  
2 tablespoons salt  
2 tablespoons garlic powder  
1 tablespoon black pepper  
1 tablespoon onion powder  
1 tablespoon cayenne pepper  
1 tablespoon dried oregano  
1 tablespoon dried thyme

### Directions

In a large sauce pot, heat the olive oil. Season the chicken with Essence. When the oil is hot, add the chicken, bones and carcass and saute for about 5 minutes, or until the meat and bones are brown. Remove the bones and carcass. Add the onions, celery, carrots, green onions, garlic, parsley, basil, and bay leaves. Season with Essence. Saute the vegetables for 4 minutes. Add the chopped vegetables, spinach, and crushed red pepper and saute for 1 minute. Add the stock and rice, bring the liquid to a boil. Reduce the heat to a simmer, uncovered, for about 20 minutes, or until the rice is tender. Re-season if necessary. Serve hot.

\*Recipe courtesy Emeril Lagasse