

Canja

Servings: 6

"This is a meaty Brazilian chicken soup made with rice, carrots, tomatoes and diced ham."

Ingredients:

3 pounds boneless, skinless chicken meat
1 tablespoon oil
1 onion, chopped
6 cups chicken stock
1/4 cup long-grain white rice
3/4 cup tomato - peeled, seeded and chopped
1/2 cup chopped carrots
Salt to taste
Ground black pepper to taste
3/4 cup diced ham
1 tablespoon chopped fresh parsley



Directions:

1. Cut the chicken into strips about 1/2 X 1 1/2 inches. Place a skillet with a tablespoon of oil, and fry until the chicken is no longer pink.
2. In a large saucepan put in the stock; then add cooked chicken, ham, onion, rice, tomatoes and carrots. Season with salt and black pepper to taste. Bring to a simmer. Cook until the rice is tender, about 25 minutes.
3. Right before serving add the parsley, and serve.