

Arroz Caldo | Filipino Chicken and Rice Soup

Yield: 5 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/patis-mexican-kitchen-tamale-recipe>

Ingredients:

- 1 onion medium, chopped
- 3 cloves garlic minced
- 3 pieces ginger sliced in thick chunks
- 2 pounds chicken a combination of boneless, skinless thighs and breast works well, cut into bite size pieces
- salt
- 2 tablespoons patis
- ground black pepper freshly, to taste
- 8 cups chicken stock low sodium
- 1 cup jasmine rice
- 4 scallions finely sliced

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 130 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 51 grams
7. SaturatedFat: 2 grams
8. Sodium: 1400 milligrams
9. Sugar: 9 grams

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