

# Lemon Chicken and Rice Soup

2 tablespoons olive oil

2 pounds boneless skinless chicken breasts, cut into 1/2-inch pieces

5 cans (14-1/2 ounces each) chicken broth

8 cups coarsely chopped Swiss chard, kale or spinach

2 large carrots, finely chopped

1 small onion, chopped

1 medium lemon, halved and thinly sliced

1/4 cup lemon juice

4 teaspoons grated lemon zest

1/2 teaspoon pepper

4 cups cooked brown rice

In a large skillet, heat 1 tablespoon oil over medium-high heat. Add half of the chicken; cook and stir until browned. Transfer to a 6-qt. slow cooker. Repeat with remaining oil and chicken.

Stir broth, vegetables, lemon slices, lemon juice, zest and pepper into chicken. Cook, covered, on low until chicken is tender, 4-5 hours. Stir in rice; heat through.