

Garlic Rosemary Cream of Chicken with Rice

Ingredients

- 2 tbsp butter or olive oil
- 1 onion, diced
- 2 med carrots, sliced
- 2 med celery stalks, sliced
- 1 leek, green part sliced into quarter rings
- 6 cloves garlic
- 1/4 cup flour
- 5 1/2 cups chicken stock
- 1 lb chicken breasts
- 1 cup uncooked basmati rice
- 1 tbsp fresh rosemary
- 2 bay leaves (omit if making homemade stock)
- 2 cups plain milk
- salt and pepper to taste
- Crusty bread

Preparation

- Salt the chicken and let sit for 10 minutes, then remove the salt and flatten
- Add pepper to the chicken and cook on a cast iron pan until cooked through. Remove and cube into bite sized pieces.
- Melt butter or oil in a large stockpot over medium heat.
- Add onion and saute for 4 minutes, stirring occasionally
- Add carrot, celery, and garlic and saute for 3 more minutes
- Add flour and saute for 1 minute, stirring frequently
- Gradually add chicken stock, stirring frequently
- Add rosemary and optional bay leaves
- Cook on med-low for 20 minutes with lid on, stirring occasionally
- Add rice and cook on med-low for additional 20 minutes with the lid on, stirring regularly to prevent sticking
- 10 minutes before the rice is done, add the leeks
- Remove bay leaves if used

- Add chicken and milk. Heat through
 - Add salt and pepper to taste
 - Serve warm with crusty bread for dipping
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Revision #1

Created Wed, May 12, 2021 7:31 PM by [Barbara](#)

Updated Wed, Jul 12, 2023 10:36 PM by [Barbara](#)