



Chicken Miso Soup with Once Forbidden Black Rice

Highest Level of Anthocyanin Antioxidants

1 Tablespoon olive oil
4 boneless skinless chicken thighs
2 cups diced carrots
1 onion, peeled, chopped
1/2 cup chopped celery
2 cups chopped sliced mushrooms
1 (32 ounce) container unsalted chicken stock
1 cup uncooked black rice
2 Tablespoons light miso paste
2 Tablespoons soy sauce
1 Tablespoon mirin
2 cups water or unsalted chicken stock
1 cup sliced thin fresh spinach, optional
4 green onions, minced

*Use organic ingredients if available

Add oil to large hot soup pot; add chicken thighs; cook on medium high about 10 minutes and tender, turning to lightly brown both sides. Remove chicken; set aside. When cooled, trim and shred chicken.

Add carrots, onion, celery, and mushrooms; sauté to soften; add chicken stock and rice. Bring to boil; reduce heat; cover; simmer for 30 minutes or rice is tender.

Return the shredded chicken to soup pot. Add miso, soy sauce, mirin, and extra water or chicken stock if needed. Bring to a boil. Remove from heat. Stir in spinach if desired. Top with minced green onion before serving.

Serves: 4 dinner portions

About the Recipe: On cold winter days, chicken soup brings comfort to one's heart and soul. This delicious recipe is filled with shredded chicken, carrots, celery, and mushrooms. The broth is flavored Asian style with Miso, soy and mirin. The "so good for you: black rice adds a special touch. Top with slivers of spinach and minced green onion before serving.

About Black Rice: Thousands of years ago in ancient China, noble Chinese men took possession of every grain of the black forbidden rice, banning its consumption among anyone who was not royalty or very wealthy.

The bran hull of black rice, which is the outermost layer of the rice grain, contains one of the highest levels of the antioxidant anthocyanin found in any known food.

Black rice has a deep black or purple color, which is an indication of its high antioxidant properties, similarly to how deeply colored antioxidant berries like blueberries, raspberries, and cranberries appear.

Sources show that the anthocyanin content of black rice is higher than any other grain, including brown rice, red rice, red quinoa, or other colored whole grain varieties.

Anthocyanin antioxidants have been correlated with: helping to prevent cardiovascular disease, protecting against cancer that can be caused by free radical damage, improving brain function, reducing inflammation. Additionally, black rice also contains important antioxidant Vitamin E, which is useful in maintaining eye, skin, and immune health in addition to other important functions.

For More Information: See:

<https://draxe.com/forbidden-rice/>

<https://modernfarmer.com/2015/10/what-is-black-rice/>