

Chicken and Rice Soup with Garlicky Chili Oil

- 1 small onion
- 6 garlic cloves
- 2/3 cup white rice, preferably short grain
- 1/4 cup plus 2 Tbsp. vegetable oil
- 2 tsp. crushed red pepper flakes
- 1 lb. skinless, boneless chicken thighs
- 2 1/2 tsp. kosher salt, divided
- 1 large bunch Tuscan kale
- 1 lemon
- 3 sprigs dill
- Freshly ground black pepper

- 1) Peel & finely chop **1 small onion**. Peel & thinly slice **6 garlic cloves**. Rinse **2/3 cup white rice** in a fine-mesh sieve until water runs clear.
- 2) Heat **1/4 cup plus 2 Tbsp. vegetable oil** in a large saucepan over medium. Add garlic and cook, swirling pan often, until golden brown, 3–5 minutes; the garlic will continue to cook and darken slightly after it's off the heat, so be conservative here. Transfer to a small heatproof bowl, leaving 1 Tbsp garlic oil in pot. Stir **2 tsp. crushed red pepper flakes** into garlic oil in bowl; set aside.
- 3) Cook onion in garlic oil in pot over medium heat, stirring occasionally, until onion is translucent and beginning to take on some color, about 5 minutes.
- 4) Pour in **8 cups water** and stir to combine. Stir in rice, **1 lb. skinless, boneless chicken thighs**, and **1 tsp salt**. Bring to a boil, then reduce heat to low and bring to a gentle simmer. Simmer, uncovered, until chicken is cooked through, about 20 minutes.

- 5) Using tongs, transfer chicken to a plate and let sit until cool enough to handle. Shred meat with two forks. Continue to simmer soup while you're prepping the rest of your ingredients (this will concentrate the flavor of the broth).
- 6) Strip kale leaves off of thick center ribs from **1 bunch Tuscan kale**, discarding ribs. Rinse kale thoroughly in cold water, shake off excess water, then thinly slice leaves crosswise.
- 7) Add kale and shredded chicken to pot. Continue to simmer, stirring occasionally, until kale is bright green and chicken is warmed through, about 4 minutes.
- 8) Remove pot from heat. Squeeze in **lemon juice** (being careful not to let any seeds fall in), season with **2 tsp. salt** (or more to taste), and stir to combine.
- 9) Divide soup among bowls. Drizzle with reserved garlic-chile oil. Tear **3 sprigs dill** over, then top with a few **grinds of black pepper**.

Made 25Feb2019: - tastes good, the oil makes it.