Ginger Chicken and Rice Soup With Zucchini

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Published June 3, 2025

Total Time	50 minutes
Prep Time	10 minutes
Cook Time	40 minutes
Rating	★★★★★ (1,726)

A simple base of aromatic garlic, ginger, bay leaf and turmeric flavors this cozy and nourishing chicken soup. Tender chicken, zucchini and chewy brown rice provide bite and substance, and simmer together at the same pace. The rice will swell and soften in the broth as the soup sits, and you can cook it longer than called for to give this soup more of a stewy or even porridge-like texture, depending on your preference. Add more water or stock to thin the broth as needed if reheating. Serve with a drizzle of chile crisp or a squeeze of lemon and sprinkle of fresh cilantro.

INGREDIENTS

Yield: 6 to 8 servings

1 pound boneless, skinless chicken thighs

Salt and black pepper

2 tablespoons neutral oil (such as canola or vegetable)

2 tablespoons minced ginger (from a 2-inch piece)

3 garlic cloves, minced

2 teaspoons ground turmeric

½ cup brown rice

PREPARATION

1 large zucchini, cut into 1-inch pieces

1 fresh or dried bay leaf

Chile crisp, lemon wedges or chopped cilantro (or a combination), for serving (optional)

Step 1

Pat the chicken thighs dry and season generously with salt and pepper.

Step 2

Heat a medium Dutch oven or other heavy-bottomed pot over medium. Add the oil, ginger, garlic and turmeric and let the mixture sizzle and soften for about 30 seconds, stirring constantly.

Step 3

Add 6 cups water to the pot, along with the chicken, rice, zucchini, bay leaf and a big pinch of salt. Bring to a simmer then turn the heat down to low and cook, stirring occasionally, until the rice is tender and the chicken is cooked through, about 30 minutes.

Step 4

When ready to serve, remove the chicken and place it on a cutting board. Use two forks to shred the thighs, then return the meat with all of its juices to the pot. Taste and season the soup with salt and pepper.

Step 5

To serve, divide the soup among bowls and top with any combination of chile crisp, lemon and cilantro.

Private Notes

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