



Chicken Wild Rice Soup

Directions:

1. Cover wild rice with 2 cups water or stock. Bring to a boil, reduce heat to medium low and simmer for about 45 minutes or until tender.
2. In a large saucepan, melt butter. Sauté onion until tender. Blend in flour; gradually add broth. Cook, stirring constantly, until mixture comes to a boil; stir 1 minute.
3. Stir in rice, carrots, chicken, and salt; simmer about 5 minutes.
4. Blend in half and half and sherry; heat to serving temperature.

Nutrition Facts: 8 oz: 199 cal, 11 g fat, 14 g carb, 11 g pro, 186 mg Na+, 1 g fiber

Ingredients:

6 tablespoons unsalted butter
1 yellow onion, minced
1/2 cup flour
3 cups low sodium chicken broth
2 cups shredded, cooked chicken
1/2 cup wild rice (about 2 cups cooked)
1/2 cup finely grated carrots
1/2 teaspoon salt
1 cup half and half
2 tablespoons dry sherry

Yield: 10 servings

Time: 1 hour

The soup can also be made in the slow cooker! Add all ingredients (leaving flour out) to the cooker and cook on low for 4 hours.