

This creamy chicken and wild rice soup makes use of leftover chicken and comes together in just 20 minutes of active cooking time. It's a great one-bowl meal for busy nights.

INGREDIENTS:

- 4 tablespoons unsalted butter
- 3 celery ribs, cut into 1/2-inch pieces
- 2 carrots, cut into 1/2-inch pieces
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 1/2 teaspoons finely chopped thyme
- Kosher salt
- Freshly ground black pepper
- 1/4 cup all-purpose flour
- 1 cup (5 ounces) wild rice blend (such as Lundberg)
- 2 quarts chicken stock or low-sodium broth
- 2 cups water
- 4 cups roasted chicken or turkey, bite-size pieces
- 1 cup heavy cream



INSTRUCTIONS:

1. In a large saucepan, melt the butter. Add the celery, carrots, onion, garlic, thyme, and a generous pinch each of salt and pepper. Cook over moderate heat, stirring occasionally, until the vegetables just start to soften, about 10 minutes.
2. Sprinkle the flour over the vegetables and cook, stirring, until evenly coated and lightly browned, about 3 minutes.

3. Add the wild rice to the saucepan and gradually stir in the stock and water. Bring to a boil, and then simmer over moderately low heat, stirring occasionally, until the vegetables are tender, about 30 minutes.
4. Add the chicken and simmer, stirring occasionally, until the wild rice is tender, 10 to 15 minutes longer.
5. Stir in the cream and season with salt and pepper. Ladle the soup into bowls and serve.

NUTRITION

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 452 g		Total Fat 15.8g	24%	Total Carbohydrates 25g	8%
1 serving (15.9 oz)		Saturated 7.6g	38%	Dietary Fiber 2g	9%
Calories 342		Trans Fat 0g		Sugars 3g	
From fat 141		Cholesterol 80mg	27%	Protein 27g	53%
<i>HappyForks.com</i>		Sodium 171mg	7%		
		Calcium 6% • Iron 12%		Vitamin A 59% • Vitamin C 5%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.					

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.