

Chicken & Wild Rice Soup

PREP TIME:

15 minutes

COOKING TIME:

LOW: 6 hours
or
HIGH: 3 hours

SERVES:

4-6

stir in 1/2 cup heavy cream at the end of cooking



INGREDIENTS:

2 tbsp light olive oil
1 cup / 2 medium carrots, diced
1 cup / 1 medium onion, diced
1 cup / 3 celery ribs, diced
1 tsp / 2 cloves garlic, minced
2 tbsp flour
1 Coq au Vin Blend Slow Cooker Spice Blend™
1/2 tsp salt
1/2 cup wild rice
3/4 lb skinless chicken breast
6 cups chicken broth

PREPARE:

Heat the oil in a skillet and add the carrot, onion, and celery. Soften gently over a medium heat for 2 – 3 minutes. Transfer to your slow cooker

Stir in the garlic, flour, Coq Au Vin blend, salt, and wild rice

Lay the chicken breast on top of the mixture in your slow cooker

Pour the chicken broth over the chicken and wild rice mixture in your slow cooker.

Stir, cover and cook on LOW for 6 hours or HIGH for 3 hours

Remove lid & shred the chicken with 2 forks