

Creamy Chicken and Wild Rice Soup

SERVES: 5-7

INGREDIENTS:

- 3/4 C brown and wild rice blend
(equals 2 cups when cooked)
- 1 C Chopped yellow onion
- 1 C Diced carrots
- 1 C Diced Celery
- 7Tbs Butter, divided
- 1 Clove garlic, minced
- 4 1/2 C Chicken broth
- 1/4 tsp Dried thyme, marjoram, sage, and rosemary
- 2 C Cooked Chicken
- 1/2 C All-purpose flour
- 1 1/2 C Milk
- 1/2 C Heavy Cream
- Salt and Pepper to taste



DIRECTIONS:

1. Prepare rice in medium sauce pan and cook/shred chicken.
2. Melt 1 Tbsp butter over medium heat in a large pot. Add onions, carrots, and celery then saute for about 4 minutes.
3. Add chicken broth, thyme, marjoram, sage, rosemary, and season with salt and pepper to taste. Increase heat to medium-high and bring the mixture to a boil.
4. Cover the pot with a lid and boil for 12-15 minutes.

Hay **CHIX**
Feed like a BOSS.

5. While veggies are simmering, melt 6 Tbsp of butter over medium heat in a separate medium saucepan.
6. Add flour and cook for 1 1/2 minutes, constantly whisking.
7. While whisking, pour milk into butter/flour mixture. Whisk to combine well and continue to cook until mixture is nice and thick.
8. Add rice, shredded chicken, and milk to large veggie pot. Cook for 5 more minutes.
9. Stir in heavy cream. Taste and adjust seasonings. Enjoy!

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