



Simple Creamy Chicken and Wild Rice Soup

Recipe Source: www.melskitchencafe.com

Serves 8

Ingredients:

1 Tbsp canola oil
1 Tbsp butter
½ to ¾ cup finely chopped onion
1 cup finely chopped carrots (about 3-4 medium carrots)
1 cup finely chopped celery (about 3 stalks)
⅓ cup all-purpose flour
6 cups low-sodium chicken broth
1 tsp salt
¼ tsp pepper
3 cups cooked wild rice or wild rice blend (unseasoned)
2 cups cooked, cubed chicken
1 cup 2% milk
Chopped chives for garnish (optional)

Steps:

- In a large pot, melt the butter with the oil and add the onion, carrots, and celery. Cook, stirring often, until the vegetables are mostly tender, 5-7 minutes.
- Add the flour and stir to combine, cooking another minute or so. Gradually add the chicken broth, stirring constantly to avoid lumps. Stir in the salt, pepper, and cooked rice.
- Bring the soup to a gentle simmer and cook 2-3 minutes, stirring often to make sure it's not sticking to the bottom.
- Add the chicken. Stir in the milk and simmer 3-4 more minutes until heated through (do not boil or simmer).
- Serve, garnishing with fresh chives (optional).

Tips from the Test Kitchen: A shredded rotisserie chicken works great here, or it's a perfect use for using leftover cooked chicken you have on hand.

Nutritional Facts (per serving): Calories: 210, Carbohydrates: 24 grams, Protein: 16 grams, Total Fat: 6 grams, Saturated Fat: 2 grams, Cholesterol: 36 mg, Sodium: 1067 mg, Fiber: 2 grams, Total Sugars: 4 grams.