

Creamy Chicken and Wild Rice Soup



Submitted by: Stephanie G
Rated: 5 out of 5 by 427 members

Prep Time: 5 Minutes
Cook Time: 20 Minutes

Ready In: 25 Minutes
Yields: 8 servings

"Instant wild rice is cooked in chicken broth with shredded chicken, then combined with thickened cream for a quick soup."

INGREDIENTS:

4 cups chicken broth	1/2 teaspoon salt
2 cups water	1/2 teaspoon ground black pepper
2 cooked, boneless chicken breast halves, shredded	3/4 cup all-purpose flour
1 (4.5 ounce) package quick cooking long grain and wild rice with seasoning packet	1/2 cup butter
	2 cups heavy cream

DIRECTIONS:

1. In a large pot over medium heat, combine broth, water and chicken. Bring just to boiling, then stir in rice, reserving seasoning packet. Cover and remove from heat.
2. In a small bowl, combine salt, pepper and flour. In a medium saucepan over medium heat, melt butter. Stir in contents of seasoning packet until mixture is bubbly. Reduce heat to low, then stir in flour mixture by tablespoons, to form a roux. Whisk in cream, a little at a time, until fully incorporated and smooth. Cook until thickened, 5 minutes.
3. Stir cream mixture into broth and rice. Cook over medium heat until heated through, 10 to 15 minutes.

Can sauté onions, garlic, mushrooms, carrots, celery-whatever you would like to add. I usually do the onions, garlic, mushrooms and carrots. I also use 1% milk instead of cream, but I don't skip the butter. Also, they have changed the packaging on the rice to 6 ounce, so you will either have to add some more liquid or try to guess on how much of the package to put in. This is wonderful soup!