



CHICKEN WILD RICE SOUP

INGREDIENTS:

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| 2 T olive oil | 10 cups chicken stock |
| ½ yellow onion, finely diced | 2 ½ cups diced cooked chicken |
| 1 ½ cup shredded carrots | 1 can diced tomatoes, blended |
| 1 ½ cup celery, finely diced | 2/3 cup wild rice |
| 2 cloves garlic, minced | 1 cup water |
| 1 T dried basil | |
| 1 t dried thyme | |

In a large pot, sauté the onions, carrots, and celery until softened. Add garlic and sauté for an additional minute.

Add herbs, chicken stock, chicken, and tomatoes to the pot and bring to a boil.

While that is cooking, in a small saucepan bring one cup of water to a boil and add rice.

Turn down to low and cover. Let cook for about 25 minutes or until the rice has absorbed all the water.

Add the rice to the soup and let simmer for 15 minutes.

Check for seasoning and add salt and pepper if needed. Serve and enjoy!

Recipe courtesy of,
Center Café Chef, Teresa McKenna

