

Jenifer's Chicken and Wild Rice Soup

Servings : 8-10 generous servings

Prep Time : 35 min

Cook time : 25 min

Ready : 60 min

Ingredients

- 1 cup wild rice (measured before cooking), cooked
- 1 stick (1/2 cup) butter
- 1 large onion, finely chopped
- 3-4 stalks of celery, diced
- 3-4 carrots, peeled and diced
- ½ cup all-purpose flour
- 4 15 oz. cans of low sodium chicken broth (or use 2 quart-size containers)
- 1 to 2 tbsp Better than Bouillon Chicken base paste*
- 1 1/2 tsp dried thyme
- 2 generous cups of diced, cooked chicken (½ or more of a cooked rotisserie chicken, or 2 boneless chicken breasts, cooked and diced)
- Salt and pepper to taste
- ¼ tsp ground cayenne pepper* (optional)
- ½ cup half and half
- ¼ cup Italian flat leaf parsley, finely chopped



Method

1. Rinse and simmer 1 cup wild rice with 3 cups of water until rice becomes tender, but not mushy (about 35 min.) Drain rice (if still liquid in the pan) and set rice aside.
2. In large stock pot over medium-low heat, melt the stick of butter and add the onion. Sauté for 8-10 minutes until onions are very soft and translucent, then add celery and carrots and ½ tsp salt. Sauté vegetables for about 5 minutes over medium heat, until they begin to soften. Sprinkle in flour, stirring well as you add it to incorporate. Cook this mixture for a minute or two to cook out the raw flour taste. Gradually add the chicken broth, one can at a time, stirring constantly while adding to combine with the flour. Add thyme, 1/2 tsp salt and black pepper to taste. Turn the heat up to medium to medium-high, bringing the soup to a simmer. Add 1 to 2 tbsp 'Better than Bouillon' chicken base paste and stir well. Cook for about 10 minutes, stirring occasionally. When the mixture is hot and thickened, add diced chicken and cooked wild rice. Add 1-2 cups water to thin, depending on your preferred thickness of the soup, and allow to cook until all ingredients are combined and hot, then taste for seasoning.
3. You can add a tiny dash of cayenne powder if you like (I usually don't). Adjust for seasoning. For a more robust chicken flavor, add more of the chicken base, 1 tbsp at a time, but be aware it is quite salty. You can always add more water or broth if the soup is too thick. When the soup is piping hot and well-seasoned (taste test), stir in ½ cup half and half and then mix in the parsley.

Note: Do not let the soup boil after adding the half and half, as it could curdle. If you prefer, you can just leave the half and half out—it is optional. Conversely, you could substitute heavy cream for the half and half to make the soup richer and creamier. Soup flavor is even better the next day!

Vegan Option: Substitute olive oil (1/2 c.) for the butter, use vegetable broth instead of chicken, and omit Bouillon base. Add 2 cups sliced or diced sautéed mushrooms instead of chicken. Omit half and half.