

# CREAMY CHICKEN & WILD RICE SOUP

Enjoy this creamy chicken soup on a cold winter's day.

**Adapted from:** Julie Andrews @ <https://thegourmetrd.com/>

**Featured Food:** wild rice

**Yield:** Serves 8

## Ingredients

4 T oil	¾ t ground black pepper
1 medium, yellow onion, peeled and diced	4 T all-purpose flour
2 medium carrots, peeled and diced	5-6 c unsalted chicken stock
1 medium stalk celery, diced	1 c wild rice or wild rice blend
1 ½ lbs boneless skinless chicken breasts or thighs, diced	2-3 sprigs fresh thyme
3-4 cloves garlic, peeled and minced	2 dried bay leaves
2 t poultry seasoning	3-4 T heavy cream or half and half
½ t salt	1 t Worcestershire sauce or low sodium soy sauce (optional)
1 t dried mustard powder	3 c cleaned and chopped kale
½ t celery salt	

## Preparation

Heat oil in stock pot to medium. Add onion, carrots, celery and cook 7-8 minutes or until soft.

Add diced chicken and cook until slightly browned on the outside. Stir in garlic, poultry seasoning, salt, mustard powder, celery salt and black pepper. Stir in flour. Add stock and turn heat to medium-high. Bring to simmer, then add wild rice, thyme sprigs and bay leaves. Reduce heat to low and let simmer, stirring frequently, for 40-50 minutes or until rice is al dente, adding additional stock if mixture gets too thick or starts to stick to the bottom.

Remove thyme sprigs and bay leaves, discard. Stir in cream or half and half. Add Worcestershire or soy sauce, if desired. Add chopped kale, cover with lid 2-3 minutes to allow kale to wilt.

Stir soup, taste, and adjust seasoning, if necessary. Serve with salad and/or side of bread.