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Creamy Chicken and Wild Rice Soup

★★★★★

A supremely filling, hearty soup. I serve this on cold rainy days with a loaf of homemade bread. Hint: this is perfect for leftover rotisserie chicken or chicken you've pulled from the bone after making homemade chicken stock! This soup makes great leftovers, but you might want to thin it slightly with skim milk or water when reheating.

Prep: 5 mins
Cook: 20 mins
Total: 25 mins
Servings: 8
Yield: 8 servings



Ingredients

4 cups chicken broth

2 cups water

2 cooked, boneless chicken breast halves, shredded

Directions

Step 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.

Step 2

In a small bowl, combine salt, pepper and flour. In a medium

1 (4.5 ounce) package quick cooking long grain and wild rice with seasoning packet

½ teaspoon salt

½ teaspoon ground black pepper

¾ cup all-purpose flour

½ cup butter

2 cups heavy cream

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.

Step 3

Stir cream mixture into broth and rice. Cook over medium heat until heated through, 10 to 15 minutes.

Nutrition Facts

Per Serving: 463 calories; protein 12g; carbohydrates 22.6g; fat 36.5g; cholesterol 135.1mg; sodium 996.9mg.

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