Creamy Chicken & Wild Rice Soup

Tender chicken, earthy wild rice and vegetables in a creamy broth.



SERVES

6

PREP

15 min

COOK / ASSEMBLY

55-70 min, depending on rice

Ingredients

2 tbsp butter

1 medium onion, diced

2 carrots, diced

2 celery stalks, diced

3 garlic cloves, minced

1 tsp dried thyme

3/4 cup uncooked wild rice blend

6 cups low-sodium chicken broth, plus more as needed

3 tbsp all-purpose flour

1 cup whole milk

3 cups cooked shredded chicken

1/2 cup heavy cream

Salt and black pepper, to taste

Creamy Chicken & Wild Rice Soup

How to Make It

1. Melt butter in a large pot over medium heat. Cook onion, carrots and celery 7-8 minutes. Add garlic and thyme; stir 30 seconds.

2. Add rice and broth. Bring to a boil, cover loosely and simmer until the rice is tender, following its package timing, about 40-50 minutes. Add broth if needed.

3. Whisk flour into the cold milk until smooth. Stir into the simmering soup and cook gently 5 minutes, stirring.

4. Add cooked chicken and cream. Heat gently until the chicken reaches 165 F. Season to taste; add broth to loosen if desired.

Jane's Note

Wild rice blends vary. Let the rice become tender before adding the dairy.

Serving & Storage

Refrigerate leftovers promptly in shallow, covered containers for up to 3-4 days. Reheat cooked leftovers to 165 F. Keep fresh toppings separate.