

# CREAMY CHICKEN & WILD RICE SOUP

## COOKING CLASSY RECIPE

### INGREDIENTS:

¾ CUP WILD RICE BLEND  
1 SMALL YELLOW ONION, DICED  
2 CARROTS, DICED  
2 – 3 CELERY STALKS, DICED  
7 T BUTTER, DIVIDED  
1 CLOVE GARLIC, MINCED  
4 ½ - 6 CUPS CHICKEN BROTH  
¼ TSP DRIED THYME  
¼ TSP DRIED MARJORAM  
¼ TSP DRIED SAGE  
¼ TSP DRIED ROSEMARY  
1 LB BONELESS SKINLESS CHICKEN BREASTS, CUT IN HALF  
½ CUP FLOUR  
1 ½ CUP MILK  
½ CUP HEAVY CREAM  
1 TSP LEMON ZEST  
SALT & PEPPER TO TASTE  
\*1 CAN OF UNSWEETENED COCONUT MILK (GLUTEN FREE ONLY)

### INSTRUCTIONS:

PREPARE RICE ACCORDING TO DIRECTIONS LISTED ON PACKAGE. TAKE OFF HEAT WHEN DONE AND SET ASIDE.

IN A SEPARATE POT, MELT 1 T BUTTER OVER MEDIUM HEAT. ADD ONION, CARROTS, AND CELERY AND SAUTE UNTIL SLIGHTLY TENDER, ADD GARLIC AND ALL SEASONING IN DURING THE LAST 30 SECONDS OF SAUTEING OF VEGETABLES. ADD CHICKEN BROTH AND INCREASE HEAT TO A MEDIUM-HIGH, ADD CHICKEN BREASTS AND BRING TO A BOIL. COVER POT WITH LID AND ALLOW SOUP TO BOIL 12 – 15 MINUTES OR UNTIL CHICKEN IS COOKED THROUGH. REMOVE CHICKEN AND SET ASIDE TO COOL ON A CUTTING BOARD TO COOL FOR 5 MINUTES, THEN SHRED INTO BITE SIZE PIECES. MEANWHILE REDUCE HEAT TO LOW AND ADD COOKED RICE, THEN ADD CHICKEN WHEN FINISHED SHREDDING.

IN A SEPARATE SAUCEPAN, MELT REMAINING 6 T BUTTER OVER MEDIUM HEAT. ADD FLOUR AND COOK 1 ½ MINUTES WHILE WHISKING CONSTANTLY. THEN, WHILE WHISKING VIGOROUSLY, SLOWLY POUR MILK INTO THE MIXTURE. COOK AND WHISK CONSTANTLY UNTIL SAUCE THICKENS. ADD SAUCE TO SOUP AND COOK ABOUT 5 MINUTES LONGER OR UNTIL SOUP IS THICKENED. ADD CREAM, SALT & PEPPER, AND LEMON ZEST TO THE SOUP AND MIX THROUGH.

\*IF GLUTEN FREE, YOU CAN USE 1 CAN OF UNSWEETENED COCONUT MILK INSTEAD OF CREAM MIXTURE!