



## Chicken with Wild Rice Soup

*Adapted from Slow Cooker: The Best Cookbook Ever*

BAH Note: For a thicker soup, use 1 1/2 to 2 cups of rice. If the soup is too thick, it can be thinned out with cream or milk just before serving. Don't have a crock pot? No worries. This recipe can be adapted for the stovetop. Once the vegetables are prepped and everything is in a large pot or dutch oven, bring to a boil, reduce to a simmer, and cook covered for 90 minutes. If the rice is not tender after 90 minutes, continue to cook, checking for doneness every 30 minutes. Or bring everything to a boil on the stove and then cover the pot and place in a low oven (about 250 or 275 degrees) for 2 to 3 hours or until done. I used a rotisserie chicken from the grocery store but you could roast a couple of breasts to get the 3 cups of cooked chicken.

- 1/2 stick butter
- 1 medium onion, chopped
- 4 medium carrots, peeled and chopped
- 4 stalks of celery, chopped
- 1 pound cremini mushrooms, sliced
- 1 teaspoon dried thyme
- 1 teaspoon dried sage
- 1 1/2 teaspoons kosher salt
- 1 teaspoon black pepper
- 8 cups chicken broth
- 3 cups cooked chicken, shredded or cubed
- 1 cup wild rice, uncooked

Heat the butter in a large skillet over medium heat. Add the onion, carrot, celery, herbs, salt, and pepper and sweat for 5 to 10 minutes until softened. Remove the vegetables from the pan and place in the slow cooker.

Return the pan to the stove and add the rice. Cook until the rice glistens and starts to smell toasted. Transfer the rice to the slow cooker.

Return the pan to the stove and add the mushrooms. Cook until the mushrooms release some liquid and start to brown. Add the mushrooms to the slow cooker. Add the chicken and broth to the slow cooker. Cover and cook on low 4 to 5 hours until the rice is tender and the soup has thickened. Taste for seasoning and add additional salt, pepper, or herbs.