

CHICKEN & WILD RICE CHEDDAR SOUP

Makes 6 servings

2 tbsp (30 ml)	butter
¼ cup (50 ml)	all-purpose flour
8 Tbsp (120 ml)	chicken bouillon powder
6 cups (1.5 L)	water, boiling
2 cups (500 ml)	milk
1	onion, diced
½ cup (125 ml)	uncooked wild rice, rinsed
10 oz (284 ml)	can mushrooms
1 cup (250 ml)	cooked or canned chicken pieces
1 ½ cups (6 oz)	Old Cheddar cheese, shredded
½ tsp (2 ml)	hot sauce
½ tsp (2 ml)	garlic powder



In a medium stock pot, melt butter over medium heat. Stir in flour and cook, stirring, 1 minute. Combine chicken bouillon powder with boiling water. Whisk broth into pot. Add milk, onion, wild rice, mushrooms, and chicken. Cover and cook on low 1 ½ hours or until rice grains are tender and pop open. Stir in cheese, hot sauce, and garlic powder. Continue cooking on low another 15 – 30 minutes.