

ROASTED CHICKEN AND WILD RICE SOUP

Yield

8 Servings

Ingredients

1 - 6oz box	long grain and wild rice mix (e.g. Uncle Bens®)	168 g box
1 Tbsp	butter	15 mL
1 ½ cups	onion, chopped	375 mL
1 cup	carrot, chopped	250 mL
2	cloves garlic, chopped	2
2 cups	mushrooms, sliced	500 mL
¼ cup	flour, lightly spooned into measuring cup	50 mL
¼ tsp	dried thyme	1 mL
1 cup	water, hot	250 mL
2 ½ cups	milk	625 mL
2 Tbsp	cooking sherry	30 mL
4 cups	chicken broth	1 L
1 - 12 oz can	evaporated milk	385 mL
3 cups	shredded roasted skinless chicken	750 mL

Directions

Prepare rice according to package directions, set aside. Sauté onion, carrots, garlic and mushrooms in butter over medium-high heat until onion is tender (about 5 minutes). Add flour and thyme; cook for 1 minute, stirring frequently. Add water, milk, sherry, broth and evaporated milk; bring to a boil. Reduce heat and simmer for 20 minutes or until slightly thick. Stir in cooked rice and chicken; cook for 10 minutes.

Nutrient Content

Per Serving: Energy: 440.5 Kcal · Carbohydrate: 30.2 g · Protein: 42.6 g · Fat (Total): 16.0 g · Calcium 274.9 mg