

Creamy Chicken, Mushroom & Wild Rice Soup

Categories: Soup

Source: Holly Mays

Serving size: 8

Preparation time: 15 mins

Cooking time: 30 mins



Ingredients

1 cup uncooked wild rice blend
1 cup chopped yellow onion (1 onion)
1 cup diced carrots (2 medium)
1 cup diced celery (3 ribs)
8 ounces sliced mushrooms of choice
1 1/2 tsp garlic, minced
7 Tbsp butter, divided (1 & 6 Tbsp)
6 cups low-sodium chicken broth*
1/4 tsp dried thyme
1/4 tsp dried marjoram
1/4 tsp dried rosemary
3 cups cooked chicken, bite sized pieces
1/2 cup all-purpose flour
1 1/2 cups whole milk
1/2 cup heavy cream
5 cups baby spinach
Salt and ground black pepper, (to taste)

Nutritional Stats for informational purpose. Actual results will depend on ingredients used.

Nutrition

Amount per serving
Calories: 477
Total Fat: 16g
Saturated Fat: 10g
Cholesterol: 51mg
Sodium: 265mg
Total Carbohydrate: 30g
Dietary Fiber: 3g
Sugars: 6g
Protein: 27g

Directions

1. Prepare rice according to directions listed on package. While rice cooks, chop onion, carrots and celery into bite-sized pieces. Set cooked rice aside until step 6.
2. In a large pot, melt 1 Tbsp butter over medium heat. Add onion, carrots, celery and mushrooms to butter and sauté 4 minutes, add garlic and sauté 30 seconds longer.
3. Add chicken broth, thyme, marjoram, rosemary. Increase heat to medium-high until lightly boiling, then reduce heat to low and cover.
4. Meanwhile in a separate medium saucepan, melt remaining 6 Tbsp butter over medium heat. Add flour and cook, whisking constantly, for about 90 seconds.
5. Then while whisking vigorously, slowly pour milk into butter/flour mixture. Whisk in heavy cream. Cook mixture, stirring constantly until it thickens. It will go from thin to very thick after a few minutes, so don't walk away from stirring it.
6. Add thickened milk mixture to soup mixture in pot along with cooked chicken and cooked rice. Stir well and remove from heat.
7. Add spinach and gently stir. Spinach will wilt in the hot soup. Season with salt & pepper to taste.
8. Let soup cool slightly and serve.

Notes

Notes:

The higher the quality of ingredients you use, the better this soup will be!

I prefer Lundberg brand wild rice.

Butter from pastured, grass-fed cows is the healthiest.

*Using a high quality chicken broth/stock really enhances the flavor and is better for you. I make my own "Immune Support Chicken Stock" which is the best!

Find my recipes here: <https://www.amaysinglife.com/Recipes/>

You can substitute chopped kale for the spinach.