

Creamy Chicken and Wild Rice Soup

Creamy Chicken and Wild Rice Soup (Slow Cooker or Stove Top)



Adapted from Eating Bird Food. com

Serves 6

279 calories/ 7 Weight Watcher Points per serving

- Slow Cooker

- 1 cup wild rice blend (uncooked)
- 1 lb boneless skinless chicken breast
- 5 cloves garlic (minced)
- 1 cup yellow onion (chopped)
- $\frac{3}{4}$ cup celery (chopped)
- $\frac{3}{4}$ cup carrots (chopped)
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 2 teaspoons sea salt (plus more to taste)
- 2 bay leaves
- 8 cups low sodium chicken broth
- 2 Tbsp olive oil or butter
- $\frac{1}{2}$ cup all-purpose flour
- 1 cup 1% milk
- pepper (to taste)

Slow Cooker Instructions

1. Rinse the rice under running water. Place the uncooked rice, chicken breast, garlic, onions, celery, carrots, thyme, rosemary, salt, bay leaves, and chicken broth into your slow cooker.
2. Cover and cook on the high setting for 3-4 hours or on the low setting for 7-8 hours.
3. In the last 1/2 hour of cooking, remove the chicken from the slow cooker. Allow to cool slightly and then use two forks to shred the chicken into small pieces.
4. When the rice is done cooking, remove the bay leaves and add the shredded chicken back into the slow cooker.
5. Melt the butter or oil in a saucepan. Add the flour and let the mixture cook for 1 minute. Whisk the mixture slowly while adding in the milk. Continue to whisk until all lumps have dissolved. Allow the mixture to thicken and become creamy.
6. Add the creamy mixture into the slow cooker. Stir to combine. Add additional broth to your preference if the consistency is too thick. Taste and season with salt and pepper if needed. Garnish with fresh thyme and serve.

Stove Top Instructions

1. Cook rice according to instructions on package.
2. While rice is cooking, spray non stick spray in a Dutch oven or large pot. Once hot add onion, carrots and celery and saute for 5-6 minutes, stirring occasionally. Add garlic and saute for 1 minute longer.
3. Add thyme, rosemary, salt and bay leaves and mix until veggies are coated.
4. Add chicken broth and chicken into the pot. Bring the mixture to a boil, reduce heat to a simmer and cover. Simmer for about 20 minutes or until chicken is fully cooked. When chicken is fully cooked, remove from pot and shred using two forks.
5. Add shredded chicken and cooked rice into pot.

6. In a separate saucepan melt 2 Tbsp of butter or oil. Add the flour and let the mixture cook for 1 minute. Whisk the mixture slowly while adding in the milk. Continue to whisk until all lumps have dissolved. Allow the mixture to thicken and become creamy.
7. Add the creamy mixture into the pot. Stir to combine. Add additional broth to your preference if the consistency is too thick. Taste and season with salt and pepper if needed. Garnish with fresh thyme and serve.

Main Course, Soup

soup

chicken, crock pot, wild rice