

Crock Pot Creamy Chicken and Wild Rice Soup

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recipe adapted from Dash of Herbs

Serves 8 – I will measure/weigh out the entire recipe and then divide by 8 to get accurate servings. I am estimating about 1 cup

Blue – 4 points

Purple – 2 points

Green – 4 points

- 1/2 pound boneless and skinless chicken breast
- 1/2 small bag shredded carrots chopped
- 2 Tbsp garlic minced
- 1/2 small onion chopped
- 6 cups chicken broth
- 1/2 teaspoon salt
- 1/8 tsp black pepper
- 6 ounces wild rice
- 2 Tbsp light butter
- 2 1/2 Tbsp all-purpose flour
- 1/2 cup 1% milk
- 1/2 cup fat free half and half
- 1/2 Tbsp garlic powder
- 1/2 tsp dried parsley

1. Spray your slow cooker with olive oil spray. Place the chicken breasts into the cooker and cover with salt and pepper. Add the chicken broth, wild rice, garlic, shredded carrots, onion and spices. Stir to combine and cook on high for 6 hours.
2. Once the chicken is finished cooking, take the breasts out and shred them. Add them back to the soup.
3. In a small sauce pan, melt the butter over medium heat. Add the flour to combine. Add the milk and half and half. Add this mixture to the soup and mix to combine. Serve immediately.