

## CHICKEN WILD RICE SOUP

**Prep Time:** 15 minutes **Cook Time:** 20 minutes

**Included in Box:**

- 3 cups cooked wild rice
- 1 cup canned no salt added carrots, drained and rinsed
- 2 (4.5-oz) cans chicken, drained and rinsed

**Additional Ingredients Needed:**

- 1 small onion (-½ c.), diced
- 1 (6.5-oz) can no salt mushrooms, drained and rinsed
- 3 cups low sodium chicken broth
- ½ t dried oregano or thyme
- 1 cup half-and-half (not coffee creamer)

**Directions:**

1. Add all ingredients except half-and-half to a large pot and bring to a boil. Reduce heat and simmer for 10-15 minutes.
2. Add half-and-half just before serving. Heat for a few more minutes, but be sure the soup doesn't boil after you add the half-and-half.

**Tip:** Use 2 cans of chickpeas (drained and rinsed) instead of chicken, and vegetable broth instead of chicken broth to make this soup vegetarian.



**Nutrition Facts\***

**Total Servings:** 3  
**Serving Size:** 2 cups  
**Calories:** 535  
**Fat:** 12 g  
**Sodium:** 499 mg  
**Carbohydrates:** 68 g  
**Fiber:** 11 g  
**Protein:** 35 g  
**Carbohydrate Servings:** 4 ½

*\*Nutrition facts include wild rice, no salt carrots, canned chicken, white onion, no salt mushrooms, low sodium chicken broth, and half-and-half.*