

Creamy Chicken Wild Rice Soup

Servings: 4 **Prep:** 10 min **Cook:** 10 min **Total:** 20 min

Ingredients

- **6 tablespoons** butter
- **1/2 cup** carrot *(diced)*
- **1/2 cup** celery *(diced)*
- **1/2 cup** onion *(diced)*
- **1 clove** garlic *(minced)*
- **1/4 cup** flour
- **3 cups** reduced-sodium chicken broth
- **1.5 cups** cream
- **1 package** long grain and wild rice blend *(6 ounce package, cooked according to instructions)*
- **1 cup** cooked and shredded chicken
- salt and pepper *(to taste)*

Instructions

1. In a Dutch oven, melt the butter over medium heat. Add the carrots, celery, and onion. Sautee for 5 minutes or until veggies are soft. Add the garlic and cook for an additional minute.
2. Add the flour and stir to form a roux. Cook for 2-3 minutes and then slowly whisk in the chicken broth and cream. Cook mixture over medium heat or until mixture thickens.
3. Add the rice and chicken. Stir until combined.
4. Season with salt and pepper and serve.

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