

CHICKEN AND WILD RICE SOUP



INGREDIENTS:

- 1 lb cooked shredded chicken
- 2 cups chopped carrots
- 3 celery stalks
- 1/2 cup wild rice
- 2 Bouillon cubes
- 1 medium onion
- 6-8 cups of water
- 1 tbsp olive oil
- 1 cup chopped mushrooms

DIRECTIONS:

1. Chop carrots, celery, onion, and mushrooms. Set aside.
2. Heat olive oil in a large pot. Add chopped onions and carrots. Sauté until onions are translucent.
3. Add mushrooms, celery, and Bouillon cubes. Mix well and cook until mushrooms release all their moisture.
4. Add 6 cups of water, chicken, and rice. Give it a good mix and bring the soup to a boil then lower to a simmer and cover. (If you like a thinner consistency add additional 1-2 cups of water)
5. Simmer for 30-45 minutes or until rice is cooked.

Serve and Enjoy!

Makes 5 servings

Calories: 170 | Protein: 21 gm | Carbs: 13 gm | Fat: 4 gm