

CREAMY CHICKEN & WILD RICE SOUP

4 C water
½ tsp salt
½ C uncooked wild rice
3 T chopped green onions
¼ C shredded carrot
3 T chopped pecans
6 T butter
1/3 C all purpose flour
2 cans (14.5 oz. ea.) chicken broth
½ C diced cooked chicken (or you can use ham)
¼ tsp pepper
1 C half-and-half cream

In a large saucepan, bring water and salt to a boil. Add rice. Reduce heat; cover and simmer for 50-55 minutes or until tender. Remove from the heat. Let stand for 10 minutes; drain and set aside.

In a soup kettle or Dutch oven, sauté the onions, carrots and pecans in butter for 1-2 minutes. Stir in flour until blended. Gradually add broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat. Add the chicken, pepper, and wild rice. Cover and simmer for 5 minutes or until carrots are tender.

Reduce heat. Add cream and heat through (do not boil).