

# Chicken and Wild Rice Soup

**IOWA**

Student Wellness

## Ingredients

- 1 cup uncooked wild rice
- 1 pound boneless skinless chicken breasts
- 2 cups mirepoix (chopped celery, carrots, and onions)
- 6 cups low sodium chicken broth
- 1 teaspoon poultry seasoning
- ½ cup butter
- ¾ cup flour
- 2 cups milk
- up to 2 cups additional milk or water



## Directions

1. Rinse the wild rice. Place the uncooked wild rice, raw chicken, mirepoix, chicken broth, and poultry seasoning in a crockpot. Cover and cook on low for 7-8 hours. The chicken should be cooked through and the rice should be soft. There will be extra liquid in the crockpot; do not drain.
2. Remove the chicken breasts from the crockpot and allow to cool slightly. Using two forks, shred the chicken. Return the shredded chicken to the crockpot.
3. When rice and chicken are done cooking, melt the butter in a saucepan. Add the flour and mix well. Slowly whisk in the milk and let the mixture bubble for about 1 minute until a thick, creamy mixture forms.
4. Add this to the rice and chicken in the crockpot and stir to combine. Add extra water or milk to adjust the consistency as you like it. Season with additional salt and pepper.