Chicken Wild Rice Soup



Skill Level: EASY

Ingredients

- 5 cups low sodium chicken broth
- 8 ounce cooked chopped chicken
- 1 cup diced carrots
- 1/2 cup mushrooms
- 1 cup uncooked wild rice
- 2 tbsp unsalted butter
- 1/4 cup all purpose flour
- 1 tbsp fresh parsley

Servings: 8
Serving Size: 8 ounces
Nutrition Facts / Per Serving:
Calories 177, Sodium 69 mg, Carbohydrates 20 g, Protein 12 g, Potassium 272 mg, Phosphorus 145 mg

Directions

1. Melt butter in a large saucepan over medium heat.
2. Stir in carrots and mushrooms and sauté for 2 minutes. Then add flour and stir well.
3. Gradually pour in chicken broth, stirring constantly, until all has been added. Bring just to a boil, reduce heat to low and let simmer.
4. Add chicken, rice, and fresh parsley to saucepan. Let simmer for 1 hour.
5. In a bowl, add 8 ounce of soup & enjoy!

Soups count toward your daily fluid intake

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