



Chicken Wild Rice Soup

Serves 3-4

1/3 cup wild rice
1 cup water
1 Tbsp extra virgin olive oil & butter
1 onion, diced
3 stalks celery, diced
2 medium carrots, diced

1 quart chicken stock/broth
1 tsp parsley, dried
½ tsp thyme, dried
1 tsp sea salt
1 cup chicken, cooked or raw cut into bite-sized pieces

In a large saucepan, heat oil & butter over medium heat. When fat is hot, add onion and sauté until it begins to turn translucent. Add celery and sauté for a minute or two, then add carrots and continue sautéing for a few minutes. Rinse wild rice and add to the sauté along with the broth, herbs, and the sea salt. Turn heat to high, bring to a boil, then reduce to a simmer. Simmer, covered, over low heat until the wild rice is tender (this can range from 20-45 minutes depending on the kind of wild rice). Add chicken and simmer a few minutes more. Add sea salt and pepper to taste.



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