



Anna Jones, MS, RDN, LD

## **Creamy Chicken and Wild Rice Soup**

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### **Ingredients:**

1 tablespoon olive oil  
1 tablespoon butter  
2-3 celery stalks, sliced (about 1 cup)  
2-3 carrots, sliced (about 1 cup)  
1 small white onion, diced (about 1 cup)  
1 tablespoon minced garlic (2-3 cloves)  
2 bay leaves  
1/4 teaspoon dried thyme  
1/2 teaspoon dried oregano  
1/4 teaspoon black pepper  
1/2 teaspoon kosher salt  
6 cups reduced sodium chicken broth  
2 cups cooked and shredded chicken (I used shredded Publix Mojo rotisserie)  
1/2 cup half and half  
1/2 cup skim milk  
3 Tablespoons all-purpose flour  
1 cup uncooked long grain wild rice

### **Preparation:**

In a large pot over medium heat, melt butter and olive oil. Add carrots, celery and onion and cook until onions are translucent, stirring often.  
Add garlic, bay leaves, thyme, oregano, salt and pepper. Cook and stir for 1 minute. Stir in chicken and chicken broth and bring to a boil, stirring often. Cover and reduce to simmer for 20 minutes.  
Whisk half and half, milk and flour together in a bowl. Whisk into soup until combined.  
Stir in wild rice and simmer for another 20 minutes or until rice is tender.

Servings: 8

### **Nutrition Information:**

Calories: 246 Fat: 10.2 Saturated Fat: 4 g Carbohydrates: 18.1 g Fiber: 1.3 g Sugars: 3.5 g Protein: 20 g