

Minnesota Wild Rice Soup with Chicken or Turkey

Real wild rice (not cultivated) is grown in the lakes on the Indian reservations in Minnesota. It is a tradition in Minnesota, where I grew up to make this wild rice soup and to make it thick and creamy. I've developed a more healthy version with lowfat milk and stock. This is a great recipe for leftover Thanksgiving turkey or leftover chicken. But don't let that stop you. You can roast two chicken breasts in the oven with salt, pepper and a little olive oil at 350° for 15-20 minutes while the rice is cooking.

1 1/3 cups +	uncooked wild rice or cultivated wild rice	2 cups	diced cooked chicken or turkey
5 cups	water	1-2 cups	lowfat milk
1/2 teaspoon	salt	4 cups	chicken stock
2 Tablespoons	olive oil	2 Tablespoons	butter
1 medium	onion, diced	1/4 cup	flour
2	carrots, sliced	1 pinch	salt & pepper to taste
2	celery stalk diced		

- 1 Combine wild rice, water and salt into a saucepan and bring to a boil. Cover and reduce heat and simmer for about 45 minutes or until rice is tender. The grains will look like they are splitting or curling and be al dente when eaten. Drain, rinse and set aside. (May be cooked the day before and refrigerated.)
- 2 While wild rice is cooking, prep vegetables and begin soup base. In a soup pot, add olive oil and cook onion, carrots and celery until the onions are translucent. Add the butter and the flour and stir until the flour is incorporated and coated with the butter. Continue to cook for 3 more minutes as you stir. Add the the chicken or turkey, the stock and 1 cup milk and wild rice if ready or add rice when cooked and drained. Continue to stir until the soup begins to smooth out and thicken. Once the soup begins to boil, remove from heat. Add more milk if desired. Season with salt and pepper and serve.

Servings: 6

Preparation Time: 5 minutes

Cooking Time: 55 minutes

Total Time: 1 hour

Nutrition Facts

Nutrition (per serving): 277 calories, 81 calories from fat, 9.1g total fat, 62.3mg cholesterol, 874.6mg sodium, 660.8mg potassium, 21.1g carbohydrates, 2.1g fiber, 7.3g sugar, 26.7g protein.

Source

Author: Patricia K. Rose, November 2012

Source: Inspired by my sister, Debbie Hensel and Minnesota wild rice from the "Land of 10,000 Lakes"

