

# Creamy Chicken and Wild Rice Soup

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Active Time

32 Mins

Total Time

40 Mins

Yield

Serves 6 (serving size: about 1 2/3 cups)

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By ANN TAYLOR PITTMAN October 2017

Go ahead and flag this chicken and wild rice recipe—it's sure to become a family favorite. A pot of pure comfort, it's a slightly thickened, creamy chicken soup with a finishing garnish of smoky bacon. For convenience, we call for precooked wild rice; if you can't find it, you can substitute 2 cups of your own cooked wild rice or a package of precooked brown rice. If you're in a real time crunch, look in your supermarket's produce section for prechopped mirepoix; that's the combo of onion, carrot, and celery that creates the flavor foundation here.

## Ingredients

5 bacon slices, chopped

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1 cup chopped onion

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1 cup thinly sliced carrot

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1/2 cup thinly sliced celery

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1 tablespoon fresh thyme leaves

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1 (8-oz.) package presliced cremini mushrooms

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4 garlic cloves, minced

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4 cups unsalted chicken stock

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1 cup water

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4 cups lightly packed chopped curly kale

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1 teaspoon kosher salt

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## How to Make It

**Step 1** Heat a Dutch oven over medium-high. Add bacon to pan; cook 4 minutes or until crisp. Remove bacon from pan with a slotted spoon, reserving 1 tablespoon drippings. Add onion, carrot, and celery to drippings in pan; sauté 3 minutes. Add thyme, mushrooms, and garlic; sauté 5 minutes. Add stock and 1 cup water; bring to a boil. Reduce heat, and simmer 8 minutes or until vegetables are tender. Add kale, salt, and pepper; cook 3 minutes. Stir in chicken and rice.

**Step 2** Combine half-and-half and flour in bowl, stirring with a whisk. Stir into soup; cook 2 minutes or until thickened. Top with bacon.

6 ounces shredded skinless,  
boneless rotisserie chicken breast  
(about 1 1/2 cups)

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1 (8-oz.) package precooked wild rice  
(such as Simply Balanced)

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1 cup half-and-half

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1 1/2 ounces all-purpose flour  
(about 1/3 cup)

### **Nutritional Information**

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- Calories 261, • Fat 11g, • Satfat 5g,
- Unsatfat 5g, • Protein 19g,
- Carbohydrate 24g, • Fiber 3g,
- Sodium 659mg, • Calcium 9% DV,
- Potassium 17% DV, • Sugars 6g,
- Added sugars 0g.