

Chicken and Wild Rice Soup



Wild rice is a whole-grain and a healthier option than white rice. This soup is hearty and perfect on a cold winter day.

Nutrition Facts

Recipe makes 9 servings

Calories: 130	Dietary Fiber: 2 g
Fat: 2 g	Sodium 395 mg
Carbohydrate: 15 g	Protein 14 g
Cholesterol: 25 mg	

Source: American Diabetes Association

For more healthy recipes, visit:

<http://www.diabetes.org/mfa-recipes>

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Ingredients

- 2 tsp trans-fat free margarine
- 1 medium onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 cup white mushrooms, diced
- 44 oz. fat-free, low sodium chicken broth
- 1 cup water
- 1/4 tsp. thyme, dried
- 1/4 tsp. ground black pepper
- 1/4 tsp. salt (optional)
- 1 Tbsp. corn starch
- 1 Tbsp. cold water
- 1 cup wild rice
- 2 cups cooked chicken, diced

Directions

1. Melt the margarine in a large soup pot over medium-high heat. Add the onion and sauté for 3 minutes or until clear. Add the carrots, celery, and mushrooms, and sauté for 5 minutes.
2. Add the chicken broth, water, thyme, black pepper, and salt.
3. In a small cup, mix together the corn starch and 1 tablespoon cold water. Add the mixture to the soup.
4. Bring to a boil and stir in the rice.
5. Reduce heat, cover, and simmer for 45 minutes. Add the cooked chicken and stir well.