



Chicken Wild Rice Soup (Low Carb) with Bread Bowls

Ingredients:

Chicken, cream, onion, celery, carrot, corn starch, wild rice, Italian seasoning, garlic, chicken bouillon. Served with bread bowls and house salad*.

All you do:

1. Twenty-four hours before cooking, thaw the chicken wild rice soup pan(s) in the refrigerator. For a quicker thaw, slightly open the lid of the pan(s) off to one side when thawing in the refrigerator.
2. On cooking day, pull the bread bowls from the freezer to thaw in the refrigerator.

Cooking Instructions for Oven:

1. Preheat the oven to 350°F.
2. Leave the cover on the thawed chicken wild rice soup foil pan and place it on the center rack of the preheated oven. Bake covered for 30-40 minutes. The internal cooking temperature of the soup should reach 165°F on cooking thermometer to ensure that it is cooked through.
3. Serve the soup in a bread bowl with a house salad on the side.

Cooking Instructions for Stove Top:

1. Transfer contents of the thawed chicken wild rice soup pan(s) into a medium-to-large soup pot. Heat the pot uncovered on medium-low heat for 20-30 minutes. Make sure to stir the soup frequently as it cooks on the stove top. The internal cooking temperature of the soup should reach 165°F on cooking thermometer to ensure that it is cooked through.
2. Serve the soup in a bread bowl with a house salad on the side.

Cooking Instructions for Slow Cooker:

1. Spray the inside of a slow cooker with nonstick cooking spray or opt for an easier clean up by using a slow cooker liner.
2. Transfer the contents from the thawed chicken wild rice soup pan(s) into the slow cooker. Cook the soup on medium-low heat for 5-6 hours or on high heat for 3-4 hours. The internal cooking temperature of the soup should reach 165°F on a cooking thermometer to ensure that it is cooked through.
3. Serve the soup in a bread bowl and with a house salad on the side.

Chef's Tip(s): Only fill the bread bowl ½ full so that the sides can be pulled off for eating! The bread bowl can be refilled.

Dietitian Tips & Notes:

Serve with: leafy green salad and adorn soup with an assortment of toppings, including avocado, chopped green onions, thyme, and/or shredded cheese.

Leftovers: If you reheat your soup on the stovetop, use a low heat to keep the cream from separating and add other cooked veggies such as kale, spinach, mushrooms, parsnips, and sweet potatoes.

Fun Fact: Wild rice is not actually rice, it is a water-grown grass seed and it is packed with protein and B vitamins. Wild rice can keep indefinitely if you keep it in a covered container in a cool, dry place. Minnesota produces a majority of the millions of pounds of wild rice a year and with a little oil, heat and a shake, you can pop wild rice just like popcorn!

Wild Rice Soup Nutrition Facts per serving: 173 calories, 10 g total fat (3 g saturated fat, 0 g transfat), 30 mg cholesterol, 1507 mg sodium, 18 g carbohydrates (2 g fiber, 2 g sugar), 4 g protein

Bread Bowl Nutrition Facts per serving: 444 calories, 9 g total fat (1 g saturated fat, 0 g transfat), 71 mg cholesterol, 863 mg sodium, 78 g carbohydrates (5 g fiber, 10 g sugar), 18 g protein

*house salad is good for up to 7 days, do not freeze.