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Prep Time: 10 minutes **Cook Time:** 6-8 hours LOW or 4-5 hours HIGH **Total Time:** 6 hrs 40 min. **Serves:** 6

Ingredients for Creamy Chicken Wild Rice Soup

- 2 pounds boneless, skinless chicken breasts, excess fat removed
- 1 medium onion, peeled and diced
- 3 medium carrots, peeled and sliced
- 3 cloves garlic, peeled and minced
- 1 cup uncooked wild rice blend
- 1 tablespoon dried parsley flakes
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon ground thyme
- 1/2 teaspoon ground sage
- 6 cups chicken broth
- 1 cup water
- 1 cup heavy cream
- 2 tablespoons cornstarch
- 6 slices bacon for optional garnish
- Fresh parsley, rinsed and chopped for optional garnish

Directions for Creamy Chicken Wild Rice Soup

1. **Add chicken:** Place the chicken breasts in the bottom of a 6-quart crockpot/slow cooker.
2. **Add vegetables:** Add the diced onion, sliced carrots, and minced garlic.
3. **Add rice:** Add the uncooked wild rice blend to the crockpot.
4. **Add seasonings:** Add the dried parsley flakes, black pepper, dried thyme, and ground sage.
5. **Add broth:** Add the chicken broth and water; stir to combine. The chicken breasts should remain on the bottom.
6. **Cook:** With the lid on, cook for 6-8 hours LOW or 4-5 hours HIGH.
7. **Shred chicken:** When the chicken is tender and tears apart easily with a fork, place on a large plate. Once cool enough to touch, shred the chicken into bite-sized pieces using two forks; return to the crockpot. If the chicken is really tender and tricky to lift out, it is sometimes easier to shred it in the crockpot instead of on a plate.
8. **Dissolve cornstarch:** Measure the cream and add the cornstarch. Stir with a fork or whisk until the cornstarch has dissolved.
9. **Cook 30 minutes:** Add the cornstarch mixture to the crockpot and stir to combine. With the lid on, cook for 30 additional minutes on HIGH.
10. **Cook bacon:** Place 6 slices of bacon on a plate lined with 3-4 sheets of paper towel. Cook in the microwave until crispy. (Cooking times will vary with power of microwave.) When the bacon is cool and breaks easily, crumble and use for a crispy, smoky garnish.
11. Stir soup and season to taste with salt and pepper. Ladle into bowls and top with bacon and/or fresh parsley.

