



Photo by: Photo: Randy Mayor; Styling: Jan Gautro

Wild Rice and Mushroom Soup with Chicken

Add sliced whole wheat French bread and mixed salad greens to complete the menu.

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Yield: 4 servings (serving size: 1 1/2 cups)



Ingredients

4 cups fat-free, less-sodium chicken broth, divided	1/2 teaspoon dried thyme
1 (2.75-ounce) package quick-cooking wild rice (such as Gourmet House)	1 teaspoon butter
1 tablespoon olive oil	2 (4-ounce) packages presliced exotic mushroom blend (such as shiitake, cremini, and oyster)
1/2 cup prechopped onion	2 cups shredded cooked chicken breast
1/2 cup chopped red bell pepper	1/8 teaspoon salt
1/3 cup matchstick-cut carrots	1/8 teaspoon black pepper
1 teaspoon bottled minced garlic	

Preparation

1. Bring 1 1/3 cups broth to a boil in a medium saucepan; add rice to pan. Cover, reduce heat, and simmer 5 minutes or until liquid is absorbed. Set aside.
2. Heat oil in a Dutch oven over medium-high heat. Add onion and next 4 ingredients (through thyme) to pan; sauté 3 minutes, stirring occasionally. Stir in butter and mushrooms; sauté 3 minutes or until lightly browned. Add remaining 2 2/3 cups broth, rice, chicken, salt, and pepper to pan; cook 3 minutes or until thoroughly heated, stirring occasionally.

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