

Chicken & Wild Rice Soup

Serves: 5-6

Prep time: 10 minutes

Cook time: 50 minutes



Serving size: ~ 1 cup

INGREDIENTS:

- 2 tbsp grass-fed ghee
- 1 small yellow onion, diced
- 2 medium carrots, diced
- 2 celery stalks, diced
- 6 cloves garlic, minced
- 1/4 cup gluten free all-purpose flour
- 4 cups chicken bone broth
- 2 cups filtered water
- 2 organic, skinless chicken breasts
- 8 oz baby Bella mushrooms, diced
- 1 cup uncooked wild rice, rinsed and drained
- 1 tbsp fresh rosemary, finely chopped
- 2 bay leaves
- 2 large handfuls spinach, roughly chopped
- Salt/pepper

INSTRUCTIONS:

1. Heat a medium sized pan over medium on the stove top and add in the grass-fed ghee. Add the onion to saute for 4 minutes, stirring occasionally. Add carrots, celery and garlic and saute for 3 more minutes, stirring occasionally. Then add in flour and saute for 1 more minute.
2. Gradually pour in the bone broth and water, stirring as you pour so the clumps of flour melt into the broth.
3. Add the chicken breasts, mushrooms, wild rice, rosemary, bay leaves and stir to combine.
4. Bring soup to a boil and then lower to simmer. Cover and let it cook for 40-45 minutes until the rice is tender. Suggested to stir every 10 minutes so nothing sticks to the bottom of the pot.
5. When the time is up, remove the pot from the heat and take out the chicken. Shred between 2 forks, then stir back into the soup.
6. Lastly add the spinach and stir.
7. Remove and discard the bay leaves then season with salt/pepper to taste.
8. Serve warm.