

# Creamy Chicken & Wild Rice Soup

## Ingredients

- 2 tablespoons butter
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 teaspoon dried thyme (or 1 tablespoon fresh)
- 1 teaspoon dried rosemary (or 1 tablespoon fresh, minced)
- ½ teaspoon dried sage
- 1 bay leaf
- 1 cup wild rice blend, rinsed
- 6 cups chicken broth
- 2 cups cooked shredded chicken
- 1 cup heavy cream (or half-and-half)
- Salt and freshly ground black pepper, to taste
- Fresh parsley, for garnish

## Instructions

1. Heat butter and olive oil in a large pot or Dutch oven over medium heat. Add onion, carrots, and celery and cook for 6–7 minutes until softened, then stir in garlic and cook 1 minute.
2. Stir in wild rice, thyme, rosemary, sage, and bay leaf and let the rice toast lightly for a minute.
3. Pour in the chicken broth and bring to a boil. Reduce heat, cover, and simmer for 40–45 minutes until the rice is tender.
4. Add the shredded chicken and simmer for a few minutes to warm it through.
5. Warm the cream separately. Add a ladle of hot soup into the cream and whisk, then slowly pour this mixture into the pot while stirring.
6. Let the soup simmer on low heat for 5–10 minutes until creamy and well combined. Taste and season with salt and pepper.
7. Ladle into bowls and garnish with parsley or cracked pepper.

## Note & Storage

- Heavy cream or half-and-half makes the soup richer and silkier.
- Rotisserie chicken works well for a quicker meal.
- Add broth or cream if the soup thickens after sitting.
- Store in the refrigerator for up to 3 days.
- Reheat gently on low heat and thin as needed.
- This soup does not freeze well because the dairy may separate.