

Minnesota Wild Rice Soup

6 tablespoons butter

1 tablespoon minced onion

½ cup flour

2 cans chicken broth (14.5 oz cans– 3-1/2 cups)

2 cups cooked wild rice

½ cup finely grated carrots

1/2 cup chopped celery

1/3 cup bacon (fry and cut into pieces)

Chicken – I use either cooked chicken breast (4 to 5 breasts cut up or cubed) or you can take one of the rotisserie chickens you get at the store and cut it up.

3 tablespoons chopped slivered almonds or chopped water chestnuts

½ teaspoon salt

1 cup Half & Half

In large sauce pan, melt butter, sauté onion until tender. Blend in flour, gradually add broth. Cook stirring constantly, until mixture comes to a boil; boil and stir 1 minute.

Stir in rice, carrots, bacon, almonds and salt. Simmer about 5 minutes. Blend in half & half, heat to serving temperature.

Yield: approx. 6 cups soup

Tip: one half cup uncooked wild rice = 1-1/2 to 2 cups cooked rice.

(I also add like a teaspoon of “Better than Bouillon” brand chicken base for added flavor)