

Creamy Chicken and Rice Soup

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Servings: 8

*1 tablespoon olive oil
1 medium yellow onion,
diced
1 tablespoon garlic, minced
1/2 pound carrots, sliced
1/2 bunch celery, sliced
1 pound chicken
1 bay leaf
1 teaspoon dried oregano
1 teaspoon dried thyme
cracked pepper (to taste)
1 to 2 teaspoons salt (to
taste)
1 cup wild rice mix
6 cups water
1/3 bunch fresh parsley,
chopped
2 tablespoons butter
2 tablespoons all-purpose
flour
2 cups whole milk*

Preparation Time: 15 minutes

Cook Time: 1 hour

In a large pot over medium heat, heat the olive oil. Add the onion and garlic to the hot oil. Saute' until tender, 5 minutes.

Add the carrots. Cook for 5 minutes more.

Add the chicken breast, bay leaf, oregano, thyme, pepper, dry rice and water. Bring to a boil over medium-high heat. Reduce the heat to low. Simmer for one hour.

Near the end of the hour, begin to make the creamy milk mixture. In a small pot, melt the butter over medium heat. When it is fully melted, whisk in the flour. Cook and stir the butter and flour mixture for 2 minutes. Whisk in the milk and allow it to come to a simmer, whisking occasionally to keep it from scorching on the bottom. When it reaches a simmer it will have thickened slightly.

Carefully remove the chicken pieces from the soup. Shred or dice the chicken with a knife or fork. Add the parsley and thickened milk mixture to the soup. Season with salt to taste.

Serve hot.

Per Serving (excluding unknown items): 193 Calories; 13g Fat (61.0% calories from fat); 10g Protein; 9g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 106mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 Fat.