

# **Creamy Rosemary Wild Rice Soup**

Alison Ladman - Associated Press  
Palm Beach Post

**Servings: 6**

**Start to Finish Time: 1 hour 15 minutes**

**1 tablespoon olive oil**  
**8 ounces boneless/ skinless chicken breast, cubed**  
**1 medium yellow onion, diced**  
**2 cloves garlic, minced**  
**2 stalks celery, diced**  
**1 large carrot, peeled and diced**  
**1 large parsnip, peeled and diced**  
**3 tablespoons fresh rosemary, minced**  
**1 quart (4 cups) low-sodium chicken broth**  
**1/2 cup wild rice**  
**2 tablespoons instant flour (such as Wondra)**  
**2 cups fat-free half-and-half**  
**salt (to taste)**  
**ground black pepper (to taste)**

In a large saucepan over medium-high, heat the olive oil. Add the cubed chicken breast and sear until browned, 4 to 5 minutes. The meat does not need to be cooked through.

Add the onion, garlic, celery, carrot and parsnip. Cook until browned, about another 3 to 4 minutes.

Add the rosemary, chicken broth and wild rice.

Bring to a simmer and cover. Cook for 45 minutes or until the rice is tender.

Add the instant flour and cook, stirring constantly, for 3 minutes or until thickened.

Add the half-and-half and heat but do not boil (the half-and-half would separate).

Season with salt and pepper.

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Per Serving (excluding unknown items): 119 Calories; 3g Fat (21.2% calories from fat); 5g Protein; 21g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 30mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.