

Minnesota Wild Rice Soup

Teri Terry

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

2 medium stalks (one cup) celery,
sliced
1 medium (1/2 cup) carrot, coarsely
shredded
1 medium (1/2 cup) onion, chopped
2 tablespoons butter
3 tablespoons all-purpose flour
1 teaspoon salt
1/4 teaspoon pepper
1 1/2 cups cooked wild rice
1 cup water
1 can (10.5 ounce) condensed chicken
broth
1 cup half-and-half
1/3 cup slivered almonds, toasted
1/4 cup fresh parsley

In a three-quart saucepan, cook and stir the
celery, carrot and onion in butter until tender,
about 5 minutes.

Stir in the flour, salt and pepper.

Stir in the wild rice, water and broth.

Heat to boiling and reduce the heat. Cover and
simmer for 15 minutes, stirring occasionally.

Stir in the half-and-half, almonds and parsley.
Heat just until hot - do not boil.

Per Serving (excluding unknown
items): 988 Calories; 52g Fat
(45.9% calories from fat); 36g
Protein; 102g Carbohydrate; 14g
Dietary Fiber; 65mg Cholesterol;
4064mg Sodium. Exchanges: 5
Grain(Starch); 2 1/2 Lean Meat; 4
Vegetable; 9 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	988	Vitamin B6 (mg):	.7mg
% Calories from Fat:	45.9%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	39.8%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	14.2%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	52g	Folacin (mcg):	206mcg
Saturated Fat (g):	18g	Niacin (mg):	13mg
Monounsaturated Fat (g):	24g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
		% Refuse:	0.00%

Cholesterol (mg):	65mg
Carbohydrate (g):	102g
Dietary Fiber (g):	14g
Protein (g):	36g
Sodium (mg):	4064mg
Potassium (mg):	1791mg
Calcium (mg):	266mg
Iron (mg):	7mg
Zinc (mg):	6mg
Vitamin C (mg):	40mg
Vitamin A (i.u.):	22008IU
Vitamin A (r.e.):	2327 1/2RE

Food Exchanges

Grain (Starch):	5
Lean Meat:	2 1/2
Vegetable:	4
Fruit:	0
Non-Fat Milk:	0
Fat:	9
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	988	Calories from Fat: 454
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% Daily Values*

Total Fat	52g	80%
Saturated Fat	18g	89%
Cholesterol	65mg	22%
Sodium	4064mg	169%
Total Carbohydrates	102g	34%
Dietary Fiber	14g	58%
Protein	36g	
Vitamin A		440%
Vitamin C		66%
Calcium		27%
Iron		41%

* Percent Daily Values are based on a 2000 calorie diet.