

Wild Rice Soup - Elegant

Douglas frost

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Yield: 6 cups

*6 tablespoons butter
1 tablespoon minced onion
1/2 cup flour
3 cups chicken broth
2 cups cooked rice
1/2 cup minced ham
1/2 cup grated carrots
3 tablespoons chopped
slivered almonds
1/2 teaspoon salt (optional)
1 cup half and half
2 tablespoons dry sherry
minced parsley or chives
(for garnish)*

In a saucepan, melt the butter. Add the onion. Saute'. Blend in the flour. Gradually add the broth. Cook, stirring constantly, until the mixture comes to a boil. Boil for 1 minute.

Stir in the rice, ham, carrots, almonds and salt. Simmer about 5 minutes.

Blend in the half-and-half and sherry. Heat to serving temperature.

Garnish with parsley or chives.

Per Serving (excluding unknown items): 2110 Calories; 126g Fat (55.0% calories from fat); 58g Protein; 174g Carbohydrate; 5g Dietary Fiber; 355mg Cholesterol; 4536mg Sodium. Exchanges: 10 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 1 Non-Fat Milk; 23 Fat.