



## Wild Rice Soup

### Ingredients:

AG safe margarine or olive oil for sautéing.

1 medium onion diced

3 celery ribs diced

3 carrots diced

½ sweet red pepper diced

1 cup sliced mushrooms (I use baby bellas)

1 clove garlic diced fine or put through a press

1 TBS fresh sage (optional)

½ cup uncooked wild rice

6 cups chicken or turkey broth

Salt

Pepper

2 cups diced cooked chicken or turkey

½ lemon juiced

1 tsp Kroger Zesty seasoning blend (or McCormick Zesty seasoning blend)

Cornstarch or tapioca starch (optional for a creamier soup)

### Directions:

Use a pot large enough for ingredients plus 6 to 8 cups of broth. Sauté the above ingredients in your soup pot. When they get fragrant and start to soften add: Salt and pepper to taste, 1 tablespoon diced fresh sage leaves (if you don't like sage, leave it out), and the Kroger Zesty seasoning blend (or McCormick Zesty seasoning blend). Then add ½ cup uncooked wild rice 6 cups chicken or turkey broth. Homemade is great, canned works too. Bring the soup to a boil, then simmer for 45 minutes to an hour – until rice is very tender and puffed open. If it seems that you don't have enough liquid you can get more broth hot in the microwave and add it in. When rice is fully cooked add 2 cups of diced cooked chicken or turkey and juice from ½ lemon and heat until meat is hot.

This is a brothy soup. If you prefer a creamier texture you can add a thickener such as a couple of tablespoons of cornstarch or tapioca starch mixed with cold water, bring it back to a boil and stir until thickened.