**Chicken Wild Rice Soup**

6 Tbls. butter 2 cups shredded rotisserie chicken

1 Tbls. minced onion 3 Tbls. chopped slivered almonds

½ cup flour ½ tsp salt

3 cups low-sodium chicken broth 1 cup half-and-half

2 cups cooked wild rice 2 Tbls. dry sherry (optional)

½ cup finely grated carrots Fresh parsley or chives, snipped

To Cook Rice:

* Place ½ cup rinsed, uncooked Wild Rice and 4 cups cold water in large saucepan. Add 1 tsp. salt (optional) Bring to a hard boil.
* Reduce heat, cover lightly and boil gently for 30 minutes.
* Shut off heat, let stand on burner for 25-35 minutes until the wild rice reaches desired texture. (For firmer rice, shorten standing time. For softer rice, lengthen standing time.)
* DRAIN EXCESS WATER.
* (Note: ½ uncooked wild rice makes 2 cups cooked rice)

To Prepare Soup:

Melt butter in saucepan, saute onion until tender. Blend in flour; gradually stir in broth. Cook over medium heat, stirring constantly, until mixture comes to a boil. Boil and stir 1 minute.

Stir in wild rice, chicken, carrots, almonds and salt. Simmer about 5 minutes. Blend in half-and-half and sherry; heat to serving temperature.

Garnish with parsley or chives. Makes 7 cups

Two hints:  Trader Joe’s sells good wild rice, and this recipe goes much quicker if you get a Costco roasted chicken!