

Chicken Wild Rice Soup

2 carrots, peeled and diced
2 celery stalks, peeled and diced
1 small onion diced
3/4 cup all-purpose flour
1/2 cup butter
6 cups chicken broth
1 (4.5 ounce) package quick cooking long grain
2 cooked, boneless chicken breast halves, cubed
2 cups whole milk
1/2 teaspoon salt
1/2 teaspoon ground black pepper
olive oil

In a large pot over medium heat, add olive oil and cook chicken. Remove from pot to cool and then dice.

In the same pot medium heat, cook carrots, celery and onion in more olive oil for about 5 minutes. Add butter and flour to make a roux. Cook for about 2 minutes to remove flour taste.

Add chicken broth and bring to a bubble. Let cook for about 5 minutes until it thickens.

Add rice and reduce to a simmer. Cook until done (about 20 minutes). Add chicken, milk, salt and pepper. Serve when all warmed through.