

Wild Rice and Mushroom Soup with Chicken

Add sliced whole wheat French bread and mixed salad greens to complete the menu.

Ingredients:

- 4 cups fat-free, less-sodium chicken broth, divided
- 1 (2.75-ounce) package quick-cooking wild rice (such as Gourmet House)
- 1 tablespoon olive oil
- ½ cup prechopped onion
- ½ cup chopped red bell pepper
- ⅓ cup matchstick-cut carrots
- 1 teaspoon bottled minced garlic
- ½ teaspoon dried thyme
- 1 teaspoon butter
- 2 (4-ounce) packages presliced exotic mushroom blend (such as shiitake, cremini, and oyster)
- 2 cups shredded cooked chicken breast
- ⅛ teaspoon salt
- ⅛ teaspoon black pepper

Directions:

- Bring 1 ⅓ cups broth to a boil in a medium saucepan; add rice to pan. Cover, reduce heat, and simmer 5 minutes or until liquid is absorbed. Set aside.
- Heat oil in a Dutch oven over medium-high heat. Add onion and next 4 ingredients (through thyme) to pan; sauté 3 minutes, stirring occasionally. Stir in butter and mushrooms; sauté 3 minutes or until lightly browned. Add remaining 2 ⅔ cups broth, rice, chicken, salt, and pepper to pan; cook 3 minutes or until thoroughly heated, stirring occasionally.

Yield: 4 servings (serving size: 1 ½ cups)

Nutritional Information: Calories 281 (24% from fat); Fat 7.5g (sat 1.9g, mono 3.8g, poly 1.3g); Iron 2.8mg; Cholesterol 62mg; Calcium 42mg; Carbohydrate 23g; Sodium 541mg; Protein 28.9g; Fiber 4g

Recipe Source: *Cooking Light*, NOVEMBER 2008

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.