

Wild Rice Soup

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

2 tablespoons butter
2 medium stalks celery, diced
1 medium carrot, thinly sliced
1 medium onion, diced
½ cup fresh mushrooms, sliced
3 tablespoons flour
Pinch of salt
¼ teaspoon coarse black pepper
1½ cups low sodium chicken broth
1 small sweet potato, washed and diced
1½ cups cooked wild rice
1 cup fat free half and half
⅓ cup slivered almonds, toasted
¼ cup fresh parsley, chopped

Directions

Melt the butter in a large sauce pan. Sauté the celery, carrot, onion and mushrooms, about 4 minutes. Stir in the flour, salt and pepper. Add the chicken broth and heat to boiling. Add the sweet potato and simmer 15 minutes, stirring occasionally. Stir in the wild rice.

Put the half and half in a separate small mixing bowl. Stir into the half and half a quarter cup of the hot soup. Then add the half and half mixture to the soup while stirring so as not to curdle the half and half. Add the almonds and parsley. For a heartier soup, add 1 cup cubed sautéed chicken breast.

Exchanges per serving:

½ Milk, 1 Starch, 1 Vegetable, 2 Fats

Nutrients per serving:

Calories: 231
Calories from fat: 83
Total Fat: 10g
Saturated Fat: 4g
Cholesterol: 14mg
Sodium: 191mg
Carbohydrate: 31g
Dietary Fiber: 4g
Protein: 8g