



WILD RICE SOUP (CHICKEN, TURKEY OR HAM)

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EACH BATCH MAKES 10 TO 12 SERVINGS.

| INGREDIENTS | X1 | X2 | X3 | X4 |
|--|---|-------------------------------------|---|--|
| Olive oil | 1/4 cup | 1/2 cup | 3/4 cup | 1 cup |
| Finely chopped medium to large onion | 1 | 2 | 3 | 4 |
| Chopped onion | 1 cup | 2 cups | 3 cups | 4 cups |
| Chopped celery | 1/2 cup | 1 cup | 1 1/2 cup | 2 cup |
| Sliced carrots | 1 cup | 2 cups | 3 cups | 4 cups |
| Sliced mushrooms | 8 ounces | 16 ounces | 24 ounces | 32 ounces |
| Clove garlic, finely minced | 1 | 2 | 3 | 4 |
| Wild rice and rice mix (I used one from Lundberg Farms) uncooked | 1 cup | 2 cups | 3 cups | 4 cups |
| Gluten free chicken broth | 8 cups | 16 cups | 24 cups | 32 cups |
| Salt | 1/2 teaspoon | 1 teaspoon | 1 1/2 teaspoon | 2 teaspoons |
| Ground black pepper | 1/2 teaspoon | 1 teaspoon | 1 1/2 teaspoon | 2 teaspoons |
| Gluten free curry powder | 1/2 teaspoon | 1 teaspoon | 1 1/2 teaspoon | 2 teaspoons |
| Dried parsley | 1 tablespoon | 2 tablespoons | 3 tablespoons | 1/4 cup |
| Cooked (or uncooked) chicken, turkey or ham, chopped | 1 pound | 2 pounds | 3 pounds | 4 pounds |
| Corn starch and water | 6 tablespoons mixed in 1/4 cup water | 3/4 cup mixed in 1/2 cup water | 1 cup plus 2 T mixed in 3/4 cup water | 1 1/2 cup corn starch mixed in 1 cup water |
| Canned coconut milk | 3/4 cup plus 2 tablespoon (about half 14 ounce can) | 1 3/4 cups (about one 14 ounce can) | 2 2/3 cups (about one and half 14 ounce cans) | 3 1/2 cups (about two 14 ounce cans) |

Over medium heat, heat oil in a large sauce pan. Saute onion, celery and carrots for about 5 minutes. Add mushrooms and garlic and saute about 2 more minutes. Add rice and saute for one more minute. Put chicken broth into the pan. Stir in salt, pepper, curry powder and parsley. Bring just to a boil, then reduce heat and let simmer.

When rice is cooked, add chicken and heat through. Next, while stirring soup, slowly pour in the cornstarch/water mixture. Constantly stir until soup is thickened. Stir in coconut milk.

To freeze: Allow to cool. Package in individual lunch-sized containers, or in a gallon sized freezer bag. Remove as much air as possible, seal, label and freeze.

To serve: Thaw. Heat gently until warmed through, stirring often.