

CREAMY WILD RICE SOUP

Source: Quick Cooking Sept/Oct 2001 (Angie Schramm)

Prep/Cooking Time: 1 - 1/2 hours

INGREDIENTS:

4 C water	1/2 tsp salt
1/2 C uncooked wild rice	3 TBS chopped green onions
1/4 C shredded carrots	3 TBS chopped pecans
6 TBS butter or margarine	1/3 C all-purpose flour
2 cans (14 1/2 oz each) chicken broth	1/2 C diced fully cooked ham
1/4 tsp pepper	1 C Half & Half
Green onion strips (optional)	

DIRECTIONS:

In large saucepan, bring water & salt to boil - add rice - reduce heat - cover & simmer 50-55 minutes or till tender. Remove from heat & let stand 10 minutes - drain & set aside.

In soup kettle or Dutch oven, sauté onions, carrots & pecans in butter 1-2 minutes. Stir in flour till blended - gradually add broth. Bring to boil, cook/stir till thickened (2 minutes). Reduce heat - add ham, pepper & wild rice - cover & simmer 5 minutes or till carrots are tender. Reduce heat. Add cream & heat through - do NOT boil. Garnish with green onion strips if desired.

Serves: 6-8