

Chicken and Wild Rice Soup [adapted from [Whole Foods](#) and [Taste of Home](#)]  
<http://pajamachef.wordpress.com/2011/01/05/chicken-and-wild-rice-soup/>

Ingredients:

- 1 cup brown rice
- 1/2 cup wild rice
- 1 pound boneless skinless chicken breasts, cut into bite-sized cubes
- 8 ounces mushrooms, sliced
- 1 cup onions, chopped
- 2 cloves garlic, minced
- olive oil
- 6 cups chicken broth
- 1 teaspoon parsley
- 1/2 teaspoon thyme
- 1/2 teaspoon sage
- 1/4 teaspoon black pepper
- 12 ounces fat free evaporated milk
- 2 tablespoons cornstarch

Directions:

In a saucepan, cook brown and wild rice according to package directions. I didn't want to use two separate pots even though the cooking directions varied slightly so I just added 3 cups of water to the rices, brought everything to a boil, and then simmered for about 45 minutes until all the water absorbed.

Meanwhile, in a skillet, heat up a little olive oil and then saute the chicken, mushrooms, onions and garlic until the chicken is cooked through and everything else is soft. Remove mixture from heat.

In a large stockpot, combine the chicken broth, parsley, thyme, sage, and pepper. Whisk to combine. Gently stir in chicken mixture, then bring to a boil. Reduce heat to a simmer and cook for about 20 minutes, stirring occasionally. In a small bowl, stir together evaporated milk and cornstarch until smooth.

By this point, the rice should be about done. When it is, add the rice and milk to the stockpot and stir until fully incorporated. Return to a boil and cook for about 10-15 minutes or until soup is thickened to desired consistency. Enjoy!

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