

# Creamy Wild Rice Soup

*Sharing Our Best/ Home of the Good Shepherd  
Best of the Best from Minnesota Cookbook*

*6 tablespoons butter  
4 tablespoons flour  
2 cups half-and-half  
3 cups chicken broth  
1 cup chicken (or turkey),  
diced  
1/2 cup onion, chopped  
1/2 cup celery, sliced  
1/2 cup mushrooms, thinly  
sliced  
1 1/2 cups cooked wild rice  
1/2 cup white wine  
rosemary (to taste)  
thyme (to taste)  
shredded blanched carrot  
(for garnish)*

In a saucepan, melt the butter. Add the flour. Cook for 2 minutes, but do not brown. Add the half-and-half and one cup of broth slowly, whisk constantly. Let come to a boil. Cook for 2 minutes.

Add the remaining ingredients. Simmer for 30 minutes.

For service, garnish with shredded blanched carrot.

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Per Serving (excluding unknown items): 1216 Calories; 75g Fat (58.1% calories from fat); 30g Protein; 91g Carbohydrate; 8g Dietary Fiber; 186mg Cholesterol; 3062mg Sodium. Exchanges: 5 Grain(Starch); 1 1/2 Lean Meat; 2 Vegetable; 14 Fat.