

Chicken and Rice Soup

Family Circle Magazine

Servings: 8

Preparation Time: 15 minutes

Start to Finish Time: 8 hours 15 minutes

Cook time: 8 hours

1 cup wild rice
1 medium onion, chopped
4 carrots, peeled and chopped
3 ribs celery, trimmed and chopped
1 package cremini mushrooms, cleaned and quartered
1 whole (3 or 4 lbs) chicken, cut up, wings discarded
2 cans (14 1/2 oz) low-sodium chicken broth
4 cups water
2 teaspoons dried poultry seasoning
1 teaspoon salt, divided
1/4 teaspoon pepper

Sprinkle rice into bottom of slow cooker. Add onion, carrots, celery and mushrooms. Remove skin from chicken pieces and trim rib bones from breastbone. Place chicken pieces over vegetables; add broth and water. Add poultry seasoning, 1/4 teaspoon of salt and the pepper.

Cover and slow cook for 6 hours on HIGH OR 8 hours on LOW.

Carefully remove chicken to a cutting board; discard bones. Shred or chop chicken; return to slow cooker and add remaining salt.

Per Serving (excluding unknown items): 506 Calories; 30g Fat (53.0% calories from fat); 39g Protein; 21g Carbohydrate; 3g Dietary Fiber; 170mg Cholesterol; 440mg Sodium. Exchanges: 1 Grain(Starch); 5 Lean Meat; 1 Vegetable; 3 Fat.