Long Grain & Wild Rice Soup
RECIPE

Long Grain & Wild Rice Soup



TIME	30 min
INGREDIENTS	11 items
MAKES	4 servings

Soup’s on! This soon-to-be-favorite recipe is prepared with chicken or turkey (your choice) and a touch of sherry.

INGREDIENTS

- 1 box Ben’s Original™ Long Grain & Wild Rice, Original Recipe
- 1 Teaspoon cooking oil
- 1 cup onion, diced
- 2 cups celery, chopped
- 2 cups carrots, chopped
- 1.4 Teaspoon salt
- 1/4 cup dry sherry
- 3 Tablespoons all-purpose flour
- 4 cups chicken or vegetable stock, low sodium
- 1 1/2 cup cooked chicken or turkey, chopped
- 1 Teaspoon lemon juice

INSTRUCTIONS

1. Cook rice according to package instructions, set aside.
2. While rice is cooking add oil to a large pot over medium heat. Add onion, carrots, celery, salt and sauté 5 minutes or until softened. Add the sherry and cook until the liquid is gone.
3. Stir in the flour to coat the vegetables evenly. Gradually add the broth and bring to a simmer.
4. Stir in the chicken and rice, let simmer 2-3 minutes more or until chicken is warm.
5. Add the lemon juice, and season with salt and pepper as desired.

Nutrition:

- CALORIES: 250
- TOTAL FAT: 4.5g - 6%
- SATURATED FAT: 1g - 5%
- TRANS FAT: 0g
- CHOLESTEROL: 20mg - 7%
- SODIUM: 600mg - 26%
- TOTAL CARBOHYDRATES: 35g - 13%
- DIETARY FIBER: 2g - 7%
- TOTAL SUGARS: 4g
- PROTEIN: 17g

Categories:

Stovetop, Soup/Chili, Flavored Grains, Long Grain & Wild, Chicken, 30-45 Min

MORE RECIPES LIKE THIS



Garlic Chicken & Rice Recipe

Cooking time

20 min

Ingredients

13 items



Chicken Rice Casserole

Cooking time

7 min

Ingredients

4 items



Wild Rice Chicken Supreme

Cooking time

45 min

Ingredients

13 items

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