

Almond Wild Rice Chicken Soup

Ingredients:

2 tablespoons butter
1/2 cup dry wild rice
6 cups fat free low sodium chicken broth
1/2 cup onion, minced
1/2 cup celery, chopped
2 cups chicken, cooked and chopped
1/2 cup slivered almonds, toasted

Preparation:

Place the butter into a small skillet over medium heat.
Allow the butter to melt completely then add the dry rice.
Reduce the heat to low and stirring occasionally sauté the rice for 10 minutes.
Remove the rice from the skillet and place in the crock pot.
Pour in the chicken broth and stir.
Add the onion and celery and stir to combine well.
Set the heat setting to low, cover the crock pot and cook 4 hours.
Add the chicken and continue cooking on low 1 hour.
Ladle the soup into bowls and top with the slivered almonds.

Serving Size: 8

This soup is very low in fat due to the fat free chicken broth. Regular chicken broth can be added if you prefer. Chopped winter squash is also a great addition to the soup.