

## Creamy Mushroom Chicken and Wild Rice Soup: Comfort in a Bowl

Creamy Mushroom Chicken and Wild Rice Soup



**TIME**  
**5-7 min**

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**ChefManiac**

### INGREDIENTS

- 1 tablespoon olive oil
- 2 tablespoons unsalted butter
- 1 lb boneless, skinless chicken breasts or thighs, cut into 1-inch cubes
- 1 medium yellow onion, finely diced
- 2 stalks celery, finely diced
- 2 medium carrots, finely diced
- 8 ounces fresh mushrooms (cremini or button), sliced
- 3 cloves garlic, minced
- 1/2 cup all-purpose flour
- 6 cups chicken broth (low sodium recommended)
- 1/2 cup uncooked wild rice, rinsed well
- 1 teaspoon dried thyme
- 1/2 teaspoon salt (or to taste)
- 1/4 teaspoon black pepper
- 1 1/2 cups half-and-half or heavy cream
- 1/4 cup chopped fresh parsley, for garnish

### DIRECTIONS

1. Let's get this comforting soup simmering!
2. SautØ Chicken: In a large Dutch oven or heavy-bottomed pot, heat the olive oil over medium-high heat. Add the cubed chicken and cook for 5-7 minutes, stirring occasionally, until lightly browned on all sides. It doesn't need to be cooked through at this point. Remove the chicken from the pot and set aside.
3. SautØ Vegetables: Add the butter to the same pot. Reduce heat to medium. Add the diced onion, celery, and carrots. Cook for 8-10 minutes, stirring occasionally, until the vegetables are softened. Add the sliced mushrooms and cook for another 5-7 minutes, until they have released their liquid and are nicely browned.
4. Add : Garlic & Roux: Stir in the minced garlic, dried thyme, salt, and black pepper. Cook for 1 minute until fragrant. Sprinkle the flour over the vegetables and stir well. Cook, stirring constantly, for 2-3 minutes, to create a roux. This will thicken your soup.
5. Build : Broth Base: Gradually whisk in the chicken broth until smooth, ensuring no lumps from the flour remain. Bring the mixture to a gentle simmer, scraping up any browned bits from the bottom of the pot.
6. Add : Wild Rice & Chicken: Stir in the rinsed wild rice and return the seared chicken to the pot.
7. Simmer: Bring the soup back to a gentle simmer, then reduce heat to low, cover the pot, and let it simmer for 45-60 minutes, or until the wild rice is tender and has "burst" open. Stir occasionally to prevent sticking.

8. Add : Cream & Finish: Once the wild rice is tender, stir in the half-and-half (or heavy cream). Continue to simmer gently for another 5-10 minutes, uncovered, allowing the soup to heat through and thicken to your desired consistency. Do not boil rapidly once dairy is added.
9. Serve: Taste and adjust seasoning (salt, pepper) if needed. Ladle into bowls, garnish with fresh chopped parsley, and serve hot.

## SWAPS & NOTES

, which perfectly complement the chicken and wild rice.

The creamy element, often introduced with dairy, adds a luscious mouthfeel, turning a rustic soup into a comforting, satisfying meal that's perfect for chilly days or any time you crave a bowl of wholesome goodness.

It's a testament to simple ingredients coming together to create something truly special.

You can also use cooked rotisserie chicken; add it shredded towards the end of cooking.

## TIPS FOR SUCCESS

**Brown Chicken Well:** Searing the chicken first adds a layer of flavor to both the chicken and the soup base.

**Build the Roux:** Cooking the flour with butter and vegetables helps thicken the soup smoothly and eliminates a raw flour taste.

**Patience with Wild Rice:** Wild rice takes longer to cook than white rice.

Be patient, and don't rush the simmering time.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/creamy-mushroom-chicken-and-wild-rice-soup-comfort-in-a-bowl/>