

## Creamy Chicken and Wild Rice Soup: Your New Favorite Comfort Food

When the weather turns chilly, nothing warms the soul like a bowl of



**TIME**  
**7 min**

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### INGREDIENTS

- 1 tbsp olive oil
- 1 cup diced onion
- 1 cup diced carrots
- 1 cup diced celery
- 3 garlic cloves, minced
- 1/2 cup all-purpose flour
- 6 cups chicken broth
- 1 cup wild rice, rinsed
- 3 cups cooked, shredded chicken
- 1 cup heavy cream
- 1 tsp dried thyme
- 1 tsp dried parsley
- Salt and pepper to taste
- Optional garnish: fresh parsley

#### Instructions:

**Sauté the Vegetables:** Heat the olive oil in a large pot over medium heat. Add the diced onion, carrots, and celery, and sauté for 5-7 minutes, or until softened. Stir in the minced garlic and cook for 1 minute more.

**Create the Base:** Sprinkle the flour over the vegetables and stir to coat. Cook for 1-2 minutes to remove the raw flour taste.

**Add the Broth and Rice:** Gradually whisk in the chicken broth, ensuring there are no lumps. Add the wild rice, thyme, and parsley. Bring the mixture to a boil, then reduce the heat to low. Cover and

simmer for 40-45 minutes, or until the rice is tender.

**Incorporate the Chicken and Cream:** Stir in the cooked, shredded chicken and heavy cream. Cook for an additional 10 minutes, stirring occasionally, until the soup is creamy and heated through.

**Season and Serve:** Taste and adjust the seasoning with salt and pepper. Ladle the soup into bowls, garnish with fresh parsley if desired, and enjoy!

**Tips for Perfect Creamy Chicken and Wild Rice Soup:**

**Save Time with Rotisserie Chicken:** Shredded rotisserie chicken is a great shortcut for this recipe.

**Control the Thickness:** If you prefer a thicker soup, mix 2 tablespoons of cornstarch with 2 tablespoons of water and stir it into the soup during the final simmer.

**Customize the Veggies:** Add mushrooms, spinach, or kale for extra flavor and nutrients.

**Make It Dairy-Free:** Substitute heavy cream with coconut milk or a non-dairy creamer for a lighter, dairy-free version.

**Why You'll Love This Recipe:**

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10. Why You'll Love This Recipe: This Creamy Chicken and Wild Rice Soup is the ultimate comfort food. It's hearty, creamy, and packed with flavor, making it the perfect dish to enjoy on a chilly evening or whenever you need a little extra coziness. It's easy to make, endlessly customizable, and sure to become a staple in your recipe rotation.
11. Did you try this recipe? Let me know how it turned out in the comments below! Be sure to check out I Wuv Cooking for more amazing recipes and inspiration. Follow me for more comforting, easy, and delicious meals!

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

Original recipe: <https://chefmaniac.com/creamy-chicken-and-wild-rice-soup-your-new-favorite-comfort-food/>