



## CREAMY CHICKEN & WILD RICE SOUP

*Soy-Free. Sugar-Free. DF. GF. Nut-Free.*

### What You'll Need:

2 qt. chicken broth  
1 can coconut milk  
2 cups wild rice, cooked  
2 cans chicken, separated OR 1 breast grilled and shredded  
3 lg. stalks of celery, chopped  
1 cup carrots, chopped  
1 cup sweet or white onion, chopped  
1.5 cups mushrooms, chopped  
1/2 bunch parsley, finely chopped  
1 tsp Everything seasoning (Trader Joes)  
Generous S&P

*Cook rice and set aside. Place broth and coconut milk in a large pot on medium heat. Sauté celery, onion, carrots, and mushrooms on med-high for 8-10 minutes in a little olive oil. Add sautéed vegetables, chicken, rice, seasoning, S&P, and parsley in broth and simmer for 20-30 mins.*

Serves 4 adults

Note: For the most health-conscious version of this recipe, use all organic ingredients.