

THEODORA

*speaks*



**Lindsey Seavert'**

**Minnesota Chicken Wild Rice Soup**

**Ingredients**

- **6 tablespoons margarine or butter**
- **1 tablespoon minced onion**
- **½ cup flour**
- **3 cups chicken broth**
- **2 cups cooked wild rice**
- **½ cup finely grated carrots**
- **1 cup diced rotisserie chicken or diced ham if you prefer**
- **3 tablespoons chopped slivered almonds**
- **½ teaspoons salt**
- **1 cup half-and-half, or low fat half-and-half**
- **2 tablespoons dry sherry, (optional)**
- **snipped fresh parsley or chives**

**Directions**

- 1. In a large saucepan, melt butter; sauté onion until tender.**
- 2. Blend in flour; gradually add broth.**
- 3. Cook, stirring constantly, until mixture comes to a boil; boil and stir 1 minute.**
- 4. Stir in rice, carrots, ham (or shredded chicken), almonds and salt; simmer about 5 minutes.**
- 5. Blend in half-and-half and sherry; heat to serving temperature.**

**6. Garnish with snipped parsley or chives.**