

CURRIED WILD RICE AND CHICKEN CHOWDER

INGREDIENTS

1/4 cup wild rice
3/4 cup water
2 tablespoons olive oil
2 teaspoons butter
1 medium onion, diced
3 cloves garlic, minced
2 carrots, shredded
1 stalk celery, diced
1 small zucchini, diced
1/4 cup flour
4 cups low-sodium chicken broth
1 1/2 cups milk
3/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 bay leaf
1 teaspoon herbs de Provence
1/8 teaspoon freshly grated nutmeg
3/4 teaspoon yellow curry powder
2 cups shredded chicken rotisserie chicken
2 teaspoon fresh, minced parsley

DIRECTIONS

In a small saucepan bring wild rice and water to a boil. Reduce heat and simmer, covered, for 25 minutes or until tender. Drain if necessary. Set aside.

Over medium heat in a large pot add olive oil, butter, onion, and garlic. Cook for 15 minutes or until golden and soft, stirring occasionally. Add carrots, celery, and zucchini. Cook for 10 minutes. Stir in flour very well and cook for an additional minute. Add the cooked wild rice, chicken broth, milk, salt, black pepper, bay leaf, herbs de Provence, nutmeg, and curry powder. Reduce heat to low and simmer for 25-30 minutes or until vegetables are tender and soup is thickened. Remove bay leaf. Stir in chicken and fresh parsley. Heat through.