

CREAMY CHICKEN AND WILD RICE SOUP

SERVES 8

INGREDIENTS

- 1 cup wild rice or wild rice blend all wild rice has more flavor/store bought
- 2 Tbls unrefined cold-pressed extra-virgin olive oil
- 1 ½ pounds boneless skinless chicken thighs or breast cut into 2-inch pieces
- 1 yellow onion diced
- 2 cloves garlic minced
- 2 heaping cups shiitake cremini, and/or white button mushrooms, stems reserved and caps chopped
- 2 Tbls fresh flat-leaf parsley finely chopped
- 2 tsp fresh thyme
- Pinch crushed red pepper
- Sea salt and freshly ground black pepper to taste
- 2 cups plain unsweetened plant milk almond, cashew or soy milk
- 1 ½ cups or 1 15-oz can white beans such as great northern or cannellini, drained
- 2 cups chicken broth or vegetable
- 1 cup canned coconut milk
- Handful of collard greens kale or other tender greens, chopped

STEPS

- Heat up a 5 qt pot over medium heat. Add the olive oil to warm through and add the chicken pieces in one layer. Don't overcrowd the pot. Cook until the chicken is golden brown on both sides. Don't worry if the chicken is not fully cooked at this point. Transfer to a plate and repeat with the remaining chicken if it didn't all fit at once.
- To the same pot, add a bit more oil and add the onion, garlic, and diced mushrooms. Sauté them for 5 to 7 minutes until they start to brown. Add the parsley, thyme, crushed red pepper, salt and pepper to taste.
- To a blender, add the milk, white beans and blend until smooth.
- In the pot with the vegetables, add the chicken stock, white bean and mushroom blend, browned chicken and any juices that accumulated while sitting on the plate, cooked wild rice, and coconut milk.
- Bring the soup to a boil, lower to a simmer and cook uncovered for another 15 minutes. Remove the soup from heat. Using two forks, shred the chicken into bite size pieces. Stir in the fresh tender greens and stir until wilted. Taste for seasoning and serve. The soup will thicken further the longer it sits.

Remove the soup from the heat. Using an immersion blender, purée the soup until smooth. (Alternatively, you can let soup cool slightly then purée it in batches in a food processor or blender.) If necessary, return the puréed soup to the heat to warm through. Stir in the lemon zest and juice just before serving. Drizzle with oil and sprinkle with chile, sea salt and cilantro leaves.



WELLNESSSTUDIOBYALISHA.COM

