

Eat Well Recipe

Creamy Chicken and Wild Rice Soup

Ingredients:

- 1lb. (4 breasts) skinless chicken breasts, diced
- ½ cup uncooked wild rice
- ¼ cup of chopped onions
- 2 cans (10 ¾ oz.) reduced fat cream of potato soup
- 1 can (14 oz.) low sodium chicken broth
- ¼ tsp. garlic powder
- 2 cups of fresh sliced carrots
- 1 can (12 oz.) evaporated fat-free milk

Place chicken in 4-quart slow cooker. In large bowl, mix wild rice, onions, soup, broth and carrots; pour over chicken. Cover and cook on low heat for 7 to 8 hours. Stir in evaporated milk, Increase heat setting to high. Cover and cook for 15 to 30 minutes or until hot.

This recipe is provided by SHS Wellness Programs.

All of our recipes can be found online at www.uvu.edu/wellnessed

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