

CHICKEN & WILD RICE SOUP

Chicken & wild rice soup is a classic, hearty winter soup that is packed with vegetables and healthy grains. We love using less higher quality meats to make stock & shredded meat we can use in soups! The healthy homemade broth paired with a bounty of hearty vegetables makes a large, healthy, flavor-packed meal that can feed an army. Stretching meats, and grains by adding them to soups is a great way to eat healthier, more affordable & environmentally friendly dinners on the table!



Ingredients

- 2 chicken quarters
- 1 small onion
- 2 medium carrots
- 2 stalks of celery
- 4 cloves garlic
- 2-3 potatoes
- 1 cup wild rice
- 4 sprigs of thyme
- 4 oz sour cream

From your pantry

- Oil
- Salt and pepper

Equipment:

- Large pot

PREPARATION: 10 MIN

COOKING: 50 MIN

READY IN: 60 MIN

MAKES 6 SERVINGS

Directions

Read through entire recipe before getting started.

Wash and dry all produce.

1. Dice **onion, carrots, celery and potatoes** into ½ inch pieces. Mince or grate **garlic**. Remove **thyme leaves** from stems.
2. Heat 1 Tbsp. oil in a large pot over medium-high. Add half of the onion and sauté 1-2 min. Add **chicken quarters, 8 cups of water and a dash of salt and pepper**. Cover and bring to a boil. Remove lid, reduce heat and simmer for 30-45 min chicken is fully cooked and broth has reduced some.
3. Remove chicken from broth using tongs and set on a plate. Allow a few minutes to cool and pull using two forks or your hands to shred the meat off of the bones. Set meat aside and discard bones. Place broth in a bowl so you can reuse the pot. Do not clean pot.
4. Add 1 Tbsp. **butter** to previously used pot over medium-high heat. Add remaining onion, carrots, celery, potatoes and wild rice. Sauté 2-3 min. Add garlic and thyme and cook another minute. Add chicken broth and mix to incorporate. Bring to a simmer and cook for 25-35 min until the flavors have developed and the wild rice is tender. Season to taste.
5. Add **pulled chicken and sour cream**, stir until incorporated and cook for 2-3 min to bring the flavors together. Serve warm!

Tips, Tricks, and Terms

A little about wild rice...

"Although it resembles rice, wild rice is actually an aquatic grass seed - but that doesn't mean wild rice doesn't measure up to a true grain like rice. In fact, wild rice boasts higher nutrition than regular rice, with more protein, minerals, and B vitamins per serving. It's also low in fat and, like other pseudograins (such as quinoa and flaxseed), gluten free.

A well-known staple of the Ojibwe, wild rice has often been called a delicacy by non-Native Americans. Traditionally, the month of September was called "ricing moon," the time when the Ojibwe left their homes to set up camps near the lakes for the harvest. For weeks, they spent their days gathering and processing the wild rice. Processing included drying the rice in the sun, parching it over a fire, and separating the hulls from the seeds. The Chippewa celebrated the end of the harvest with a festival of thanksgiving. During the festival, they cooked and ate the first finished rice of the season."

- Red Lake Nation Foods (read more at <https://redlakenationfoods.com/wild-rice-facts/>)

A little about...

THYME: from the mint family thyme is a delicious herb that also has many medicinal qualities such as its ability to help treat acne and high blood pressure. Not going to use all your thyme this week? Remove the leaves from the stems and spread out on a plate or cookie sheet. Allow to sit at room temperature until dry, about 1 weeks OR dehydrate in a low temp oven for 1-2 hours.



GROWER SPOTLIGHT

Featherstone Farm is a 250-acre certified organic farm located in bluff country around Rushford, MN. The farm produces around 70 varieties of fresh market fruits and vegetables for distribution to local co-ops, restaurants and grocers, wholesalers and CSA members across the region.

Featherstone Farm was founded in 1994 by Jack Hedin and Jenni McHugh, the farm draws its name and focus on environmental sustainability from the Featherstone Township homestead where Jack's great grandfather farmed and planted trees in the 19th century.

Visit featherstonefarm.com to learn more and follow on Facebook @featherstonefv



THANKS TO OUR
AMAZING GROUP OF
PARTNERS!

