

Curried Wild Rice & Chicken Chowder

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 skim milk
3/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 bay leaf
1/2 teaspoon dried chives
1/2 teaspoon dried thyme
1/4 teaspoon sage
1/8 teaspoon freshly grated nutmeg
3/4 teaspoon yellow curry powder
2 cups shredded chicken breast
2 teaspoons fresh, minced parsley

1. 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.
2. 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, chives, thyme, sage, nutmeg, and curry powder.
3. 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.

Makes 8 servings

Per Serving (1 cup):

Calories: 167

Fat: 7 g

Protein: 16 g

Carbohydrates: 10 g

Sodium: 387 mg

Fiber: 1 g

Source: www.eatingwellivingthin.wordpress.com