

Slow Cooker Chicken and Wild Rice Soup

Yield: 8 min
Total Time: 250 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-chicken-and-wild-rice-soup-recipe>

Ingredients:

- 1 onion medium, chopped
- 3 carrots peeled and chopped
- 3 stalks celery chopped
- 2 garlic cloves, finely chopped
- 1 cup wild rice uncooked, rinsed and drained
- 2 bay leaves
- 1/2 teaspoon dried thyme
- black pepper
- salt
- 4 boneless skinless chicken breasts about 2 pounds
- 10 cups low sodium chicken broth
- 1/4 cup fresh parsley chopped

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 40 milligrams
4. Fat: 5 grams
5. Fiber: 3 grams
6. Protein: 22 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 280 milligrams
9. Sugar: 2 grams

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