

mindy

here is the wild rice soup recipe:

wash 1 cup of wild rice and combine with 3 cups of water in a covered casserole dish. Zap on high 5 minutes then on 50% for 30 minutes. Let stand 10-15 minutes then drain. yields 6-8 cups. Make sure most of the kernels are opened.



6 tablespoons butter and 1 tablespoon minced onion..saute. Blend in 1/3 cup flour, add 4 cups chicken broth (or vegetable broth). Cook and stir until thickened. Add rice and 1/4 tsp salt. Simmer 5 minutes. add 1/3 cup finely grated carrots, 3 tablespoons slivered almonds. add 1 cup half and half (or non dairy creamer), and 1/3 cup colby or cheddar cheese. can also add 1/3 cup cubed ham or chicken.

enjoy, deb