



Gluten Free Creamy Chicken and Wild Rice Soup

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Curl up with a big bowl of this comforting Gluten-Free Creamy Chicken and Wild Rice Soup on a cold winter night.

Course Soup

Cuisine American

Keyword Chicken and Wild Rice Soup, Creamy Chicken and Wild Rice Soup, Gluten Free Creamy Chicken and Wild Rice Soup, Wild Rice Soup

Prep Time 10 minutes

Cook Time 30 minutes

Total Time 40 minutes

Servings 4

Calories 233kcal

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Ingredients

- ✓ • 2 tablespoons olive oil
- ✓ • 1 tablespoon butter
- ✓ • 1 small onion chopped (about 1 cup) — $\frac{1}{3}$ cup
- ✓ • 2 stalks of celery diced (about 1 cup)
- ✓ • 2 carrots diced (about 1 cup)
- 2 cloves garlic minced — (omitted)
- ✓ • 3 tablespoons gluten free flour
- ✓ • 4-1/2 cups low-sodium gluten-free chicken broth 3 14.5 ounce cans — Used: Swanson Chicken Broth — 32 oz box
- 1/2 teaspoon poultry seasoning or make your own (omitted)
- 1/4 teaspoon sage (omitted)
- ✓ • salt and pepper to taste
- ✓ • 2 cups milk — used 1 cup. — Lactaid
- 1-1/2 cups cooked wild rice — used "Rice Select — Royal Blend (Rice Blend)"
- ✓ • 2 cups cooked chicken shredded or cut into bite-size pieces

mushrooms (fresh) — 6 oz — diced

↓ cook — $1\frac{1}{4}$ — $1\frac{1}{2}$ c H₂O
— $\frac{3}{4}$ — $\frac{7}{8}$ c rice blend

Instructions

1. In a dutch oven, over medium heat, add the olive oil and butter. Stir until the butter is melted. Add the chopped onions, celery, and carrots and cook for about 5 or 6 minutes — a little more until the onions are soft. Stir in the minced garlic and cook for about 1 minute. Stir in the gluten free flour until it becomes like a paste. Pour in the chicken broth and continue to

Added 3 tbsp flour to $\frac{1}{2}$ cup broth, then added that to veg. mixture, then put rest of broth into dutch oven

stir. Add in the poultry seasoning, sage, and salt and pepper. Increase heat to medium high and bring to a boil. Reduce heat to low. Stir in milk, cooked chicken and cooked rice. Simmer on low for about 5 minutes.

Nutrition

Calories: 233kcal | Carbohydrates: 21g | Protein: 6g | Fat: 14g | Saturated Fat: 5g | Cholesterol: 20mg | Sodium: 532mg | Potassium: 413mg | Fiber: 2g | Sugar: 9g | Vitamin A: 5380IU | Vitamin C: 13mg | Calcium: 168mg | Iron: 1mg

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- ✓ 1 tablespoon butter
- ✓ 1 small onion chopped (about 1 cup)
- ✓ 2 stalks of celery diced (about 1 cup)
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- ✓ 2 cloves garlic minced (omit if)
- ✓ 2 tablespoons gluten free flour
- ✓ 4 1/2 cups low-sodium chicken broth (omit if you have a gluten-free broth)
- ✓ 1/2 teaspoon poultry seasoning or make your own (omit if)
- ✓ 1/4 teaspoon sage (omit if)
- ✓ salt and pepper to taste
- ✓ 2 cups milk
- ✓ 1 1/2 cups cooked wild rice (omit if you have a gluten-free rice)
- ✓ 2 cups cooked chicken (omit if you have a gluten-free chicken)

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