CREAMY HAM & WILD RICE SOUP

INGREDIENTS

2 cups cooked ham, diced
1 cup uncooked wild rice
2 carrots, diced
2 celery stalks, diced
1 small onion, diced
3 cloves garlic, minced
6 cups chicken broth
1 cup milk
1 cup heavy cream
2 Tbsp butter
2 Tbsp all-purpose flour
1 tsp dried thyme
1 tsp dried parsley
Salt & pepper to taste

DIRECTIONS

1. In a large pot, melt butter and sauté onion, carrots, celery and garlic until softened.
2. Stir in flour and cook for 1–2 minutes.
3. Slowly whisk in chicken broth.
4. Add wild rice, ham and seasonings. Bring to a boil, then reduce heat and simmer until rice is tender.
5. Stir in milk and heavy cream. Simmer a few more minutes and serve warm.

NUTRITION INFORMATION

ESTIMATED YIELD: 8 SERVINGS

PER SERVING (APPROXIMATE)

CALORIES: 290–360
PROTEIN: 13–18G
FAT: 16–22G
FIBER: 2–3G
SUGAR: 4–6G
Estimates vary with ham and cream.

💛 SIMPLE TIPS

- Use leftover holiday ham for a quick and delicious soup!
- Wild rice cooking time varies by variety.
- Reheat gently; add broth if the rice absorbs liquid.

📱 SCAN FOR MORE RECIPES

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