

Crockpot Chicken Wild Rice Soup

Author: [Pinch of Yum](#) Total Time: 8 hours 15 minutes Yield: 10 servings 1x



INGREDIENTS

- 1 cup uncooked **wild rice**
- 1 pound **chicken breasts**
- 2 cups **mirepoix** (chopped celery, carrots, and onions)
- 6 cups **chicken broth**
- 1 teaspoon **poultry seasoning**
- 1/2 cup **butter**
- 3/4 cup **flour**
- 2 cups **whole milk**
- a few tablespoons **white wine** (optional)
- up to 2 cups additional **milk or water**

INSTRUCTIONS

1. Rinse the wild rice. Place the uncooked wild rice, raw chicken, mirepoix, chicken broth, and poultry seasoning in a crockpot. Cover and cook on low for 7-8 hours. The chicken should be cooked through and the rice should be soft. There will be extra liquid in the crockpot; do not drain.
2. Remove the chicken breasts from the crockpot and allow to cool slightly. Using two forks, shred the chicken. Return the shredded chicken to the crockpot.
3. When rice and chicken are done cooking, melt the butter in a saucepan. Add the flour and let the mixture bubble for 1 minute. Slowly whisk in the whole milk until a thick, creamy mixture forms. Stir in the wine.
4. Add this to the rice and chicken in the crockpot and stir to combine. Add extra water or milk to adjust the consistency as you like it. Season with additional salt and pepper.

Find it online: <https://pinchofyum.com/crockpot-chicken-wild-rice-soup>
