

## WILD RICE SOUP

### FREEZE TOGETHER

- half an **onion**, *chopped*
- 8 ounces **mushrooms**, *sliced*
- 1 cup uncooked **wild rice**
- 4 cups **vegetable or chicken broth**
- 1 teaspoon **salt**
- 1 teaspoon **poultry seasoning**
- 1 lb. **chicken breasts** (*optional*)
- 5 medium **carrots**, *chopped*
- 3 cloves **garlic**, *minced*
- 3 stalks **celery**, *chopped*

### INSTANT POT

High Pressure 30 mins

10-minute natural release

### SLOW COOKER

High Setting 4 hrs

Thaw first if using chicken

### FINAL STEP

Melt 6 tbsp butter in a pan, and whisk in ½ cup flour and 1 ½ cups milk until creamy and thick. Add to the soup.  
(Optional: finish with 1 tsp of Trader Joe's umami mushroom seasoning and/or 1-2 tbsp of sherry.)

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