

Treasure Barrel

Creamy Mushroom Chicken and Wild Rice Soup

20 min Prep time	**50 min** Cook time	**1 h 10 min** Total time
6 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

For the Soup Base

- [ ] 2 tablespoons butter
- [ ] 1 tablespoon olive oil
- [ ] 1 large yellow onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 1 lb cremini mushrooms, sliced
- [ ] 1 cup wild rice blend, rinsed
- [ ] 8 cups chicken broth, divided
- [ ] 1 teaspoon fresh thyme leaves (or ½ tsp dried)
- [ ] 1 bay leaf
- [ ] 1 ½ lbs boneless, skinless chicken thighs, cut into 1-inch pieces
- [ ] Salt and black pepper to taste

For the Finish

- [ ] 1 cup heavy cream
- [ ] 2 tablespoons chopped fresh parsley
- [ ] Optional: 2 tablespoons dry sherry (add with mushrooms)

Instructions

1. In a large Dutch oven or heavy-bottomed pot, melt the butter with the olive oil over medium heat. Add the diced onion and cook, stirring occasionally, until it becomes soft and translucent, about 5-7 minutes. Add the minced garlic and cook for another minute until fragrant.

2. Increase the heat to medium-high. Add the sliced mushrooms (and the optional sherry, if using). Cook, stirring only occasionally, until the mushrooms have released their liquid and started to turn a nice golden brown, about 8-10 minutes. Season with a pinch of salt and pepper.

3. Stir in the rinsed wild rice blend, making sure it's coated in the butter and mushroom juices. Pour in 6 cups of the chicken broth, add the thyme and bay leaf. Bring to a boil, then reduce the heat to low, cover, and let it simmer gently for 25 minutes.

4. After 25 minutes, add the diced chicken thighs and the remaining 2 cups of broth. Stir well, cover again, and continue to simmer for another 20-25 minutes, or until the rice is tender and the chicken is cooked through.

5. Once the rice and chicken are done, remove the pot from the heat. Fish out and discard the bay leaf. Stir in the heavy cream and the chopped parsley. Taste the soup and adjust the seasoning with more salt and pepper if needed. Serve immediately while hot.

Nutrition per serving

420 kcal	28 g	28 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- The soup will continue to thicken as it sits due to the starches from the rice. It's almost a stew consistency the next day, which is lovely too!
- Leftovers can be stored in an airtight container in the refrigerator for up to 4 days. Reheat gently on the stovetop, adding a splash of broth or water if it's too thick.
- For a lighter version, you can use half-and-half instead of heavy cream, but the soup will be less rich and luxurious.