

Chickpea Wild Rice Soup

Ingredients

- 1/2 cup yellow onion, diced
- 1 cup shredded carrots
- 1 tsp minced garlic
- 1 cup uncooked wild rice
- 2 cans chickpeas, drained
- 4 cups vegetable or chicken broth
- 1 tsp salt
- 1 tsp poultry seasoning
- 1/4 tsp celery salt
- pinch of red pepper flakes
- 1 lb cooked chicken breasts, shredded or chopped (optional)
- Freezer needs: 2 gallon sized freezer bags

On serving day:

- 1/4 cup butter or butter substitute
- 1/4 cup cornstarch
- 2-1/2 cups whole milk (Coconut milk acceptable)

MAKE IT NOW: Add to your desired vessel and cook as directed below.

MAKE IT A FREEZER MEAL: Add everything to your ziplock bag, removing as much air as possible when you seal. Double bag writing on the outside label. Freeze.

COOK IN INSTANT POT: From frozen, add contents into instant pot. Add 1/4 cup water. Cook for 30 minutes at high pressure then allow 10 minutes for natural release. From thawed or fresh, transfer into an instant pot. Cook for 28 minutes at high pressure, then allow 10 minutes for natural release.

COOK IN CROCK POT: From frozen, transfer to slow cooker. Cook on high for 4-5 hours. From thawed or fresh, transfer into slow cooker and cook on high for 3-4 hours or low 6-7 hours.

COOK IN STOCK POT: Defrost and add everything to your pot. Bring to boil, reduce temp and simmer covered until chicken is cooked, veggies are soft, and rice is tender (about 20 minutes).

TO SERVE: After cooking, shred chicken if using. In a small saucepan melt butter over medium heat. Add cornstarch and whisk for 30 seconds until smooth. Add in whole milk and whisk, stirring constantly until thickened. Add to soup and stir gently until all blended together and creamy. Serve.