



Creamy Wild Rice & Mushroom Soup

Created by Barb Liebenstein, Wolf Creek Dairy

This delicious soup is a fantastic meal in itself and is a perfect way to wind down after a busy day. Pair with hearty whole-grain bread and warm up your body with a bowlful of essential yet tasty nutrients.

Serves: 6

Prep time: 15 minutes

Ingredients:

- 2 tablespoons butter
- 1 medium onion, diced (about 1 cup)
- 1 cup chopped white mushrooms
- ½ cup diced carrots
- 3 cups lowfat milk
- ¼ cup flour
- 2 cups chicken broth, low sodium
- 2 cups cooked wild rice
- ¾ cup shredded Cheddar cheese
- 2 tablespoons chopped fresh Italian parsley

Preparation:

In a large pot, heat butter over medium heat. Add onions, mushrooms and carrots; sauté until onions are soft (about 10 minutes.)

Meanwhile, in a medium saucepan, whisk milk and flour over medium heat, stirring frequently until milk starts to boil. Whisk constantly for one minute or until milk thickens. Pour into onion mixture and cook for 10 minutes, stirring occasionally. Stir in chicken broth and cooked rice; cook for 10 -15 minutes (or until carrots are soft.)

Ladle into bowls and top each serving with 2 tablespoons cheese and 1 teaspoon parsley.

Nutritional Facts:

Nutritional Facts Per Serving

| | |
|----------------|-----------------|
| Calories: | 262 |
| Total Fat: | 11g |
| Saturated Fat: | 6g |
| Cholesterol: | 31mg |
| Sodium: | 117mg |
| Carbohydrates: | 30g |
| Dietary Fiber: | 2g |
| Protein: | 13g |
| Calcium | 27% Daily Value |

Cost/recipe:

\$4.99

Cost/serving:

\$0.83

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ON THE
BASICS**

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