

**Creamy Chicken Wild Rice Soup**  
**9 - Four Person Meals**

**PRINT** *Enlarged Assembly Directions TWICE on page 3 and Other Meal Recipes, Assembly Directions, Assembly Layouts*

This recipe is 4 times the original recipe on page 4.

**Chicken Wild Rice Soup Food Items Shopping List:**

- 16 cups chicken Broth – 128 oz.
- 8 cups water
- 6 lbs. (or about 12- ½ lb. each) cooked, boneless chicken breast halves, shredded
- 6 - Uncle Ben's long grain and wild rice, FAST cook Recipe
- 2 tsp Salt
- 2 tsp black pepper
- 3 cups flour
- 4 lbs. (about 6 large) onions diced
- 2 lbs. (about 4 large) Carrots diced
- 1 lb. (about 6 ribs) celery diced
- 2 cups (4 sticks) butter
- 8 cups heavy cream (or half fat)

**Chicken Wild Rice Soup Packaging Items Shopping List:**

- 18 plastic containers with tight lids (always have more on hand)
- 9 Jumbo 2 gallon Ziploc bags (have more on hand)
- Labels – 2 sheets of 10 per page for a total of 20 Creamy Chicken Wild Rice Soup Labels
- Label - 1 sheet of 10 per page for a total of 10 Meal Labels (have more on hand)
- 9 Prayer Cards (have more on hand)
- 9 Reply Cards (have more on hand)

**Chicken Wild Rice Soup Utensils Needed:**

***Preparation:***

- Large pot to cook chicken
- Cutting board
- Sharp knife for shredding/cutting chicken
- 2 Large pots to cook rice
- Medium bowl for mixing salt, pepper & flour
- 2 Large skillets to melt butter & sauté vegies (or do in two batches)
- Spatula for sautéing

- 2, 4 or 8 cup measuring cups
- 1 tsp. measuring spoons

***Assembly:***

- 2 – 1 cup measuring cups
- 2 – ¼ cup measuring cups
- Disinfecting Wipes
- Disposable Gloves
- Tape
- Scissors

### **Chicken Wild Rice Soup Kitchen Prep:**

- Boil liquid in large pots for all items in recipe needing boiling liquid. Start this as early as possible since it greatly impacts length of cook session!
- Chicken & Rice Prep
  1. In large pot, cook chicken in broth, KEEP BROTH
  2. Shred chicken into small pieces
  3. In two large pots over medium heat, combine 16 cups broth (can strain if you choose), 8 cups water and chicken. Bring just to boiling, then stir in 6 boxes of rice (3 in each pot), reserving seasoning packet. Cover and remove from heat.
- Cream Mixture Prep
  1. In a medium bowl, combine 2 tsp salt, 2tsp pepper and 3 cups flour.
  2. In 2 large skillets over medium heat,
    - Melt 2 cups butter (1 in each pan), sauté onion, carrot and celery (split equally into pans) until soft.
    - Stir in contents of seasoning packet until mixture is bubbly.
    - Reduce heat to low, then stir in flour mixture (equally into each pan) by tablespoons, to form a roux.
    - Whisk in 8 cups cream (4 per pan), a little at a time, until fully incorporated and smooth.
    - Cook until thickened, 5 minutes.
- Stir cream mixture into broth and rice.
- Cook over medium heat until heated through, 10 to 15 minutes.

### **Chicken Wild Rice Soup Assembly:**

1. Fill two 5 x 8 plastic containers with 2 ¼ cups each Creamy Chicken Wild Rice Soup for each meal
2. Add lid making sure edges of pan are clean
3. Apply Creamy Chicken Wild Rice Soup Label

# Chicken Wild Rice Soup

1. Fill each container with 2 1/4 cups Creamy Chicken & Wild Rice soup



2. Add lid making sure edges of pan are clean



3. Apply Creamy Chicken Wild Rice Label



**Original Recipe**  
**Chicken & Wild Rice Soup – Yield: 8 – 1 ½ cup servings ( 12 cups)**

**Ingredients**

- 4 cups chicken Broth
- 2 cups water
- 3 cooked, boneless chicken breast halves, shredded
- 1 - Uncle Ben's long grain and wild rice, FAST cook Recipe
- 1/2 tsp Salt
- ½ tsp black pepper
- 3/4 cup flour
- 1 large onion diced
- 1 large Carrot diced
- 1 rib celery diced
- 1/2 cup butter
- 2 cups heavy cream (or half fat)

**Directions**

1. In a large pot over medium heat, combine broth, water and chicken. Bring just to boiling, then stir in rice, reserving seasoning packet. Cover and remove from heat.
2. In a small bowl, combine salt, pepper and flour.
3. In a medium saucepan over medium heat,
  - Melt butter, sauté onion, carrot and celery.
  - Stir in contents of seasoning packet until mixture is bubbly.
  - Reduce heat to low, then stir in flour mixture by tablespoons, to form a roux.
  - Whisk in cream, a little at a time, until fully incorporated and smooth.
  - Cook until thickened, 5 minutes.
4. Stir cream mixture into broth and rice.
5. Cook over medium heat until heated through, 10 to 15 minutes.