

Hearty Chicken and Wild Rice Soup

6 cups chicken stock (homemade is best)

1 lg. sweet onion, sliced and quartered

2 cups cooked wild rice

1 ½ cups cooked chicken, diced

4 cups diced boiled potatoes, OR 4 large
red potatoes, peeled and diced

4 lg. carrot sticks, peeled and sliced

¾ cup frozen peas

1 1/2 tsp. sea salt

¾ tsp. dried thyme

¾ tsp. dried oregano

Cracked pepper, to taste

Cook stock, rice, chicken, and vegetables (except peas) in a large pot on medium for about ten minutes. Add peas and seasonings. (If using cooked potatoes, wait and add them now.) Cook another five to ten minutes, until potatoes and carrots can be broken with a spoon. Adjust salt and add pepper to taste. Serve with buttered, whole-grain toast.

Makes about 12 cups.

***To prepare enough wild rice just for this recipe:**

Soak 1/2 cup of wild rice in warm, filtered water for about 7 hours. Drain, rinse, and cook in about 1 cup of water with 1/4 tsp. salt on lowest temperature possible for 45 minutes.