

Crockpot Chicken and Wild Rice Soup (makes 8 servings)

2 cups uncooked wild rice
1 cup chopped carrots
1/2 cup chopped celery
1/2 chopped onion
8 cups water
1, 15 oz can chicken broth
1 tsp garlic powder
1/8 tsp black pepper
1 tsp dried oregano
1 bay leaf
1 cup sliced mushrooms
2 cups cooked chicken, cut into chunks

Place all ingredients except mushrooms and chicken in a slow cooker. Cover and cook on low setting for 7 to 8 hours or on high for 2 to 3 hours. Stir in mushrooms and cooked chicken 30 minutes before serving.

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Soup Nutrition per 1 cup serving: 183 calories; 8 g protein; 38 g carbohydrates; 1 g total fat; 0 g saturated fat; 0 g cholesterol; 4 g fiber; 113 mg sodium

Meal Suggestion: This complete soup needs whole grain crackers, a tossed salad with crumbled feta cheese, and fresh kiwi slices to make it a family meal.