

# A Sutherland Belle

## Creamy Chicken, Mushroom & Wild Rice Soup

### INGREDIENTS

- 2 tablespoons olive oil
- 2 tablespoons butter
- 1½-2 lb chicken breasts
- 1 onion, finely chopped
- 2 carrots, diced
- 2 ribs celery, diced
- 3 cloves garlic, minced
- 16 oz sliced mushrooms, any variety will work
- 1 (6.2 ounces) box Ben's Original Quick Cook Wild Rice, divided
- 5 cups chicken stocks
- 1 tablespoons Dijon mustard
- 3 tablespoons Worcestershire sauce
- 3 tablespoons Marsala Wine
- 5 sprigs thyme
- 1 bay leaf
- ¾ cup heavy whipping cream
- kosher salt and ground black pepper

### INSTRUCTIONS

- Drizzle the olive oil and let the butter over medium heat, in a large Dutch Oven or heavy-bottomed saucepan with a lid.
- Brown the chicken breasts (heavily seasoned with salt and pepper) for around 5 minutes per side. Remove and reserve on a plate.
- Turn the heat down to medium-low and add the onion, celery, and carrots. Cook until soft, about 10 minutes.
- Add the sliced mushrooms. Sauté for a further 5 minutes, stirring occasionally.
- Stir in the crushed garlic and Ben's Original seasoning packet.
- Add the chicken breasts back to the pan.
- Add the chicken stock, as well as, the Dijon mustard Worcestershire sauce, marsala wine, bay leaf, and thyme sprigs. Stir to incorporate.
- Add the wild rice. Bring the soup to a boil then turn down to a simmer. It should be barely bubbling.
- Add the lid and simmer for around 30 minutes, stirring occasionally, until rice is cooked.
- Taste and season again. Pull out the chicken pieces and shred them on a cutting board using 2 forks. Place back in the pot.
- Stir in the heavy cream or more chicken stock to keep dairy free.
- Top with grated parmesan cheese and fresh thyme.