



Long Livo

Crockpot Creamy Chicken and Wild Rice Soup

15 min

Prep time

8

Servings

4 h

Cook time

Easy

Difficulty

4 h 15 min

Total time

American

Cuisine

Ingredients

Main Pot Ingredients

- ☐ 2 cups low-sodium chicken broth
- ☐ 1 cup dry wild rice
- ☐ 2 boneless, skinless chicken breasts (about 1.5 pounds)
- ☐ 2 medium carrots, diced
- ☐ 2 celery stalks, diced
- ☐ 1 small onion, finely chopped
- ☐ 2 cloves garlic, minced
- ☐ 1 cup sliced mushrooms (optional)
- ☐ 1 teaspoon dried thyme
- ☐ 1 teaspoon dried sage

- ☐ 1 bay leaf
- ☐ Salt and freshly ground black pepper, to taste
- ☐ 2 tablespoons olive oil

Creamy Finish

- ☐ 1 cup whole milk
- ☐ 1 cup half-and-half
- ☐ 1/2 cup heavy cream
- ☐ 2 tablespoons all-purpose flour
- ☐ 1/4 cup milk (for slurry)
- ☐ 1/4 cup grated Parmesan cheese (optional)

Garnish

- ☐ Fresh parsley, chopped (for garnish)

Instructions

- 1** Start by patting your chicken breasts dry—it helps them brown better, you know. Season them with a pinch of salt and pepper. In a large skillet, heat 1 tablespoon of olive oil over medium-high heat and sear the chicken for about 2–3 minutes per side. Honestly, you just want a light brown color here. Remove them from the heat, let them rest for a few minutes so the juices stay put, then cube them up.
- 2** In that same skillet—don't wash it, that's where the flavor is!—add the other tablespoon of olive oil. Sauté your chopped onion, diced carrots, diced celery, and minced garlic for 3–4 minutes. I love watching the vegetables soften and just start to caramelize. Once they look happy, transfer the whole mixture into your slow cooker.
- 3** Now, let's add the heart of the soup. Stir in the cubed chicken, dry wild rice, sliced mushrooms if you're using them, dried thyme, dried sage, and that single bay leaf. Pour in the low-sodium chicken broth and give it all a good stir to combine.
- 4** Cover it up and let it do its thing. Cook on low for 7–8 hours, or if you're in a bit of a hurry, on high for 3–4 hours. You're waiting for the wild rice to get tender and for all those flavors to really meld together.

- 5 About thirty minutes before you're ready to eat, we'll make it creamy. Whisk 2 tablespoons of flour with 1/4 cup milk until it's smooth—that's your slurry. Stir that into the slow cooker, then pour in the remaining milk, half-and-half, and heavy cream. Mix it gently and let it simmer on low for another 15–20 minutes. Wow, the smell at this point is just wonderful.
- 6 Sprinkle in the grated Parmesan cheese and stir until it melts right into the soup. Now is the time to taste it; add a bit more salt and freshly ground black pepper if it needs it.
- 7 Use your tongs to find and remove that bay leaf. If you're feeling a bit fancy, you can drizzle in a tiny bit of truffle oil for a little luxury.
- 8 Using your ladle, portion the hot soup into bowls. Finish each one with a sprinkle of fresh chopped parsley to brighten things up.
- 9 I mean, you've got to serve this with something! Crusty bread, garlic bread, or maybe a simple green salad makes it a proper meal.
- 10 And there you have it. Just sit back and enjoy your comforting, creamy crockpot chicken and wild rice soup.

Nutrition per serving

410 kcal

Calories

28 g

Protein

24 g

Carbs

22 g

Fat

Tips & notes

- Using low-sodium broth is a smart move so you can control the salt yourself.
- Searing the chicken and sautéing the vegetables first really adds a depth of flavor you just can't get by dumping everything in raw.
- Be sure to remove the bay leaf before serving—nobody likes biting into one of those!