



## Cuisine Santé Wild Rice Chicken Soup (Gluten Free)

YIELD 6 SERVING

### Ingredients

- 2 ea Chicken thighs, skinless
- 2 oz Baby bella mushrooms, chopped
- 1 qt Water, boiling
- 1 oz Wild rice, cooked
- 1 oz HACO-Swiss Cuisine Santé Chicken Stock
- 1 oz Onion, chopped
- 1 oz Extra Virgin Olive Oil
- 1 oz Potatoes, chopped
- 1 oz Leeks
- 1 pinch Parsley, fresh

### Preparation

Poach chicken thighs with Cuisine Santé Chicken Stock for 25 minutes. Remove skin and bones, and then shred meat. Bring 1 qt of water to a boil; add 1 ounce of Cuisine Santé Chicken Stock. In the meantime, sauté the chopped onions, mushrooms and chicken meat in Extra Virgin Olive Oil and incorporate to the Chicken Stock. Cook for 3-4 minutes at high heat. Add the remaining ingredients, potatoes, parsley and leeks. Cook at medium to high heat until the potatoes are tender or as desired and stir occasionally.

### Setting

Place soup in a serving dish and garnish as desired or with 2 slices of button mushrooms, grains of wild rice.

### Specialty Ingredients

- HACO-Swiss Cuisine Santé Chicken Stock
- Extra Virgin Olive Oil

### Nutritional Information

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
		Total Fat 10g	15%	Total Carb. 9g
	Sat. Fat 4g	20%	Fiber 1g	4%
	Trans fats 0g		Sugars 1g	
	Cholest. 15mg	4%	Protein 6g	
	Sodium 221mg	8%		
	Vitamin A 4%		Vitamin C 4%	
			Calcium 2%	
			Iron 4%	

Serv. size 8 oz (257g)  
 Servings 6  
 Calories 150  
 Fat Cal. 94

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.