

Recipe from FormerChef.com

Chicken Soup with Wild Rice and Greens

1lb boneless, skinless chicken breast, raw, cut into 1" pieces
1 large yellow onion, small dice (10 oz wt)
2 carrots, small dice or sliced (6 oz wt)
3 stalks celery, diced (4 oz wt)
1 Tbsp extra virgin olive oil
3 cloves garlic, minced (about .25 oz)
1 Tbsp minced fresh ginger (optional)
1 tsp dried thyme
10 cups chicken stock, preferably [homemade](#), low fat, low salt
1 bunch rainbow chard or other greens, cut into 2" pieces
2 cups cooked* wild rice
Kosher salt and freshly ground pepper to taste

Cut the chicken into 1" pieces and cut all vegetables in advance of starting the cooking process.

Heat a large soup pot and add the oil. Add the diced onion and cook for about 5 minutes until the onion begins to soften. Add the carrots and celery and cook for another 3-5 minutes. Add the diced chicken and cook until seared on the outside. Add the minced garlic, minced ginger and dried thyme.

Add the chicken stock and bring to a simmer.

In a medium sized pot, cook the 1 cup dry wild rice in 3 cups of water for about 40 minutes. The rice should just be starting to open but should *not* be over cooked. It is going to continue to cook in the soup and you don't want to be mushy. Set aside when done.

About 15 minutes before serving the soup, add the cooked wild rice and the cut greens. Adjust the seasoning with salt and pepper and serve.