

# clean eating chicken and wild rice soup

**SERVES 6**

RECIPE ADAPTED FROM: [Iowa Girl Eats](#)

COOK TIME: 4 hours

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1½ pounds chicken breasts  
1 onion, diced  
3 carrots, diced  
3 celery stalks, diced  
2-3 garlic cloves, minced  
Salt and pepper, to taste  
½ tsp dried thyme  
½ tsp dried sage  
½ tsp dried rosemary  
1 bay leaf  
2 Tbsp butter or olive oil  
6 cups chicken broth  
¾ cup wild rice

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**The rice should be done around the same time as the chicken, but if it isn't quite done, allow it to keep cooking and store shredded chicken in the fridge until rice is tender.**



ADD all ingredients to a 6-quart slow cooker.

COOK on LOW for 4 hours or until chicken is cooked through.

REMOVE chicken and shred.

ADD chicken back to slow cooker and stir to combine.

MAKE IT A MEAL: Serve with a side salad.