



Minnesota Wild Rice & Chik'n Soup

- 1 can (13 ounce) Fried Chik'n, FriChik, Chik'n Bites, or Diced Chik
- 1 cup uncooked wild rice blend
- 1 cup onion, diced
- 2 stalks celery, finely diced
- 2 garlic cloves, minced
- 3 cups vegetable broth
- 1 ½ cups potato, cubed
- 3 cups milk substitute - unsweetened almond, cashew or soy milk
- ¼ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ cup chopped fresh parsley, or 1 tablespoon dried parsley
- 1 recipe Vegan White Cheese Sauce

Directions: Cook rice according to package directions, omitting salt.

Dice the Fried Chik'n the same size as the diced potatoes.

In a large soup pot that has been sprayed with cooking spray, sauté onion and garlic about 3 minutes.

Add vegetable broth and diced potato; bring to a boil, cover and reduce heat. Simmer until potato is tender, about 10 minutes. Add milk substitute.

While potato is cooking, make Vegan White Cheese Sauce

Add to soup pot. Stir until thickened (Cheese sauce will thicken the soup). Add cooked rice, Fried Chik'n and seasonings.

Adapted from Heritage Health Food Recipes