

Chicken and Wild Rice Stew: [back to recipe](#)

| INGREDIENTS: | DIRECTIONS: |
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| <ul style="list-style-type: none">● 1 package (4 oz.) uncooked wild rice (about 3/4 c.)● 2 T. butter or oil● 1 T. minced garlic● 1 small onion; diced● 2 carrots; peeled and diced● 2 stalks of celery● 8 oz. fresh mushrooms; sliced● 2 c. liquid● 2 T. soy sauce● 1/4 c. flour● 1 t. dried Parsley● 1 t. dried Thyme● salt and pepper to taste● 2 c. cooked, cubed chicken● 1 c. shredded Swiss cheese <p>OPTIONAL TOPPING:</p> <ul style="list-style-type: none">● 2 c. cubed bread (stale bread or crusts works great)● 1/4 Parmesan cheese● 4 T. melted butter or oil | <ul style="list-style-type: none">● Cook rice according to package directions● While the rice cooks, heat butter or oil in a large frying pan over medium heat. Add garlic, onions, carrots, celery, and mushrooms to the frying pan and sauté until veggies are tender (about 15 minutes) stirring occasionally.● In a large measuring cup or small bowl, mix 2 c. liquid, soy sauce, flour, parsley, thyme, salt, and pepper (I do this while veggies are simmering)● Add flour mixture to cooked veggies and stir until thickened (this will only take 2-3 minutes)● Add in cooked chicken, swiss cheese, and cooked rice. Stir to combine and heat through. <p>At this point, you can serve it as is -- or you can add the optional bread topping.</p> <p>OPTIONAL TOPPING:</p> <ul style="list-style-type: none">● Pour filling into a greased baking dish.● Top with cubed bread and cheese, then pour melted butter over top.● Bake at 375° for 20-30 minutes or until bread is toasted. |

Serves 6

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