

Wild Rice – Wild Carrot Soup



Ingredients:

14-ounce can reduced-sodium chicken broth
2-1/2 cups sliced wild carrots
1/2 cup chopped onion
1 bay leaf
1/8 teaspoon black pepper
1/8 teaspoon ground cloves (optional)
1-1/2 cups water
1/2 cup light dairy sour cream
1 cup cooked wild rice or long grain rice
1 tablespoon snipped fresh parsley

Preparation:

- 1.** In a large saucepan combine broth, carrots, onion, bay leaf, pepper, and, if desired, cloves. Bring to boiling; reduce heat. Simmer, covered, for 15 to 20 minutes or until carrots are tender. Remove bay leaf. Cool slightly.
- 2.** In a blender container or food processor bowl place carrot mixture, half at a time. Cover and blend or process until smooth. Return mixture to the saucepan. Stir in water. Bring just to boiling. Stir a small amount of liquid into sour cream. Return to saucepan along with the rice. Heat through but do not boil. Sprinkle with parsley. Makes 6 side-dish servings.