

Wild Rice and Mushroom Soup



Ingredients:

- 6 ounce box long-grain and wild rice
- 1 1/2 cups onion, chopped
- 1 pound fresh mushrooms, sliced
- 1/2 cup bell pepper, chopped
- 1/3 cup all-purpose flour
- 4 cups canned fat-free chicken broth
- 12 ounce can evaporated fat-free milk

Directions:

1. Cook rice according to package directions, set aside.
2. Spray the bottom of a Dutch oven, with non-stick cooking spray, and saute' onions, mushrooms and peppers until tender.
3. Add four to vegetables, stirring until well mixed.
4. Gradually stir in the broth and heat to boiling.
5. Add evaporated milk and rice.
6. Season to taste with salt and pepper.

Makes 8 servings

Adapted from Meals on the Move – Rush Hour Recipes by Holly Clegg, 2000



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