

Chicken Wild Rice Soup – Quick Cooker Makes 7-8 cups

By Dianna Kasprzak

Use home-grown, grass-fed and organic ingredients whenever possible.

Place in cooking pot of Quick Cooker (QC), preheated on SEAR setting; cook 3-4 minutes:

- 4 TBSP butter (or half butter & half extra virgin olive oil)
- 1 cup celery, chopped
- 1 cup onion, chopped
- 1 cup carrots, chopped (or diced in 1/4" – 3/8" dices)

Add and sauté 1-2 minutes more:

- 1 TBSP garlic, freshly pressed (fresh and use the whole amount!)

Press CANCEL and add these ingredients:

- 4 cups chicken broth (see recipe in box at lower right)
- 1 - 1 ½ cups cooked chicken, diced - see recipe in box at top right
- 2 cups cooked wild rice - see recipe in box →
- 1 ½ TBSP Pampered Chef Bell Pepper Rub*
- 1 ½ TBSP Pampered Chef 3-Onion Rub*
- 1 tsp parsley flakes (or omit and garnish with fresh at serving time)
- 1 bay leaf
- ½ tsp Himalayan pink salt
- ¼ tsp freshly ground white pepper or gourmet peppercorn blend

Select CUSTOM, then TIME and adjust to 5 minutes. Give a quick stir, then CLOSE. When 5 minutes is completed, press valve for INSTANT RELEASE of pressure.

Open Cooker, select SEAR and stir in:

- 1 cup (8 oz) heavy cream + 6 TBSP all-purpose flour (whisked together)
- (To make gluten free, substitute 3 TBSP cornstarch for the flour)

Stir while you cook for 1-2 minutes or until thickened. Press CANCEL. Adjust seasoning (salt, pepper) to taste.

OPTIONAL MUSHROOM VARIATION: Slice 8 oz of whole mushrooms, sauté in 1-2 TBSP butter for just 2-3 minutes, with freshly ground salt & pepper. Stir mushrooms in AFTER the soup has thickened. Serve immediately with cornbread, crusty bread/rolls and a green salad for a complete meal.

To substitute Pampered Chef rubs: 1/2 tsp thyme leaves; 1/2 tsp rosemary (not powdered); 1/4 tsp marjoram; 1/4 tsp sage + ½ tsp more salt

How to Cook a Chicken:

Place 4 lb chicken in Quick Cooker pot. Add 1 cup water. Press CUSTOM and adjust TIME to 35 minutes (up to 50 min for 5-6 lb bird). When time is up, press CANCEL and allow to rest for 10 minutes. If pressure valve is still up, press steam release. Remove chicken and place on Large Bar Pan. Debone, saving the skin and bones. Proceed with BROTH recipe. Store chicken in Leak-Proof Container in fridge or in freezer Ziplocs.

How to Cook Wild Rice:

- 3 cups wild rice
- 6 ½ - 7 cups water
- 1 tsp Himalayan pink salt
- 1-2 TBSP olive oil

Add all ingredients to cooking pot of Quick Cooker. Close Cover. Press CUSTOM, then TIME adjust to 35 minutes. When cooking time is completed, press CANCEL and allow to sit closed for 10 minutes. Manual release pressure if red valve is still up. Drain if necessary. Freeze leftover rice in 2 cup amounts in freezer Ziplocs to use in this recipe or in salads.

How to make Broth:

After cooking the whole chicken, debone, saving the skin and bones. Throw these back into the Quick Cooker with 2 or 3 quarts of water; select CUSTOM, then TIME to 90 or 120 minutes; press START. When completed, allow Natural Release on the pressure. Strain using Large Stainless Steel Bowl & Large Mesh Colander. Allow to cool slightly; pour into quart Mason jars and refrigerate uncovered (or freeze in Ziploc). When thoroughly chilled, cap jars.