

Wild Rice Chowder

Ingredients:

- 1 cup uncooked wild rice, rinsed
- 2 cups water
- 2 Tbsp. olive oil
- 1 cup chopped onions
- 3-4 garlic cloves, minced
- 1/2 cup flour
- 4 cups chicken broth
- 3 peeled, cubed potatoes
- 16 oz. pkg. baby carrots
- 1/2 tsp. dried thyme leaves
- 1/2 tsp. nutmeg
- 1/8 tsp. pepper
- 16 oz. pkg. frozen corn
- 2 cups half and half
- 2 cups cooked cubed ham or cooked chicken or meatballs



Instructions:

In a heavy saucepan, combine wild rice and water. Cover and bring to a boil. Lower heat and simmer for 30-45 minutes, until rice is tender. Do not drain. Set rice aside.

In a large stockpot, melt butter or heat olive oil. Add onions and garlic and saute until tender. Add flour and cook, stirring constantly, for 1-2 minutes until flour mixture bubbles. Stir in chicken broth and mix well with wire whisk.

Add potatoes, carrots, and seasonings. Cover pot, bring soup to a boil, reduce heat and simmer 20-30 minutes until slightly thickened. Add corn, then cover and simmer an additional 20 minutes until vegetables are tender. Stir in half and half, ham and the cooked wild rice. Cook until steaming, but do not bring to a boil again.

To make the soup in the crockpot, combine all ingredients except olive oil (which is omitted), flour, half and half and corn in a 4 quart crockpot. Cover and cook on low for 8-9 hours. In small bowl combine 1 cup half and half and 2 tablespoons cornstarch and mix well. Stir into crockpot along with remaining half and half and corn. Cover and cook on high for 30-45 minutes or until soup is thickened and ham is hot. Serve.