

Dairy Free Creamy Chicken Wild Rice Soup

If there was such a thing as a state soup (wait, is there?), I think the soup of Minnesota would be creamy chicken wild rice. More traditionally it is a soup made with a flour-based roux and finished with cream, not so friendly for those avoiding gluten and dairy. This version has all the same great creaminess, flavor, and thickness but instead of flour and cream I use cashews. I like to keep cooked wild rice in the freezer to save time when making this soup.

Prep Time: 30 mins

Total Time: 45 mins

Makes: 6 (~2 cup) servings

Ingredients:

1 ½ cups raw cashews
¾ cup hot water
¼ teaspoon sea salt
2 tablespoons ghee or avocado oil
1 medium onion, chopped
3 ribs celery, chopped
2 large carrots, chopped
16 ounces cremini mushrooms, sliced
1 ½ teaspoons sea salt
1 teaspoon freshly ground black pepper
1 teaspoon dried thyme
1-pound cooked chicken, chopped or shredded
4 cups chicken stock or bone broth
2 cups cooked wild rice

Directions

1. Place cashews in a heat safe bowl; cover with boiling water and allow to stand for 30 minutes. Drain cashews, transfer to a blender with ¾ cup hot water and ¼ teaspoon of sea salt. Blend until smooth and creamy.
2. Meanwhile, melt ghee in a 5-quart dutch oven over medium heat. Add onion, celery, carrots, mushrooms, salt, pepper and thyme. Cook 10-12 minutes or until mushrooms have released juices and liquid has mostly evaporated.
3. Add chicken, broth, and wild rice. Bring a boil and reduce to a simmer; cook for at least 15 minutes to blend flavors. Add cashew cream; heat through. Adjust seasoning to taste.