

Creamy Chicken (of the Woods) & Wild Rice Soup



PREP TIME
15 minutes

COOK TIME
45 minutes

READY IN
60 minutes



SERVINGS
6-8

**FOREST
INGREDIENTS**
Chicken of the Woods
Lovage
Labrador Tea

Ingredients

2 cup Chicken of the woods, chopped

1 cup Carrots, diced

1 cup Onion, chopped

1 cup celery, chopped

2 Tbsp Coconut Oil

Salt & Pepper

Steps

- Prepare all of your vegetables (chicken of the woods mushrooms, carrots, onion and celery by dicing, chopping or cubing them
- In a large stock pot, add coconut oil and melt over medium heat. Add all of the chopped vegetables and season with salt and pepper.
- When the vegetables are sauteing, add garlic, sage, thyme and labrador tea .
- Before the vegetables are fork tender, remove sage and thyme, add chicken broth,

FOREST FRESH ALASKA

4 sprigs fresh thyme
6 leaves fresh sage
6 leaves dried Labrador Tea
3 cloves garlic, minced
6 cups Chicken broth
1 cup wild rice
6 Tbsp Butter
6 Tbsp gluten free flour
1 cup milk, canned
Lovage, chopped

wild rice and simmer on low for 30-40 minutes.

- After 30 minutes of the soup simmering, make the roux and whisk slowly into the soup. Mix in chopped lovage.

Roux:

In a saucepan, melt butter. Once the butter is melted, add the flour, stirring and cooking for a couple of minutes. Whisk in cold canned milk until you have a creamy consistency. Do not bring to a temperature, but rather just until mixed.

Notes

This is a little play on the chicken and wild rice soup that I have loved for years. Feel free to make adjustments that work best for your diet. The flour for the roux certainly does not have to be gluten free if you are not concerned with gluten. Chicken broth can always be substituted with a mushroom or vegetable broth. I just choose to use chicken broth to keep the chicken flavors strong. The picture of this soup, I made a version that used one cup of chicken of the woods, and one cup of . My favorite version is the one with 2 cups of chicken of the woods. I really dig the texture wild rice adds, there is something oddly satisfying about it, and reminds me of clams.

Common & Scientific names:

Chicken of the Woods: *Laetiporus speciosus*

Labrador Tea: *Rhododendron groenlandicum*

Beach Parsley/Lovage: *Ligusticum scoticum*