

Clean Eating Chicken and Wild Rice Soup

Makes 6 servings

Adapted from [Iowa Girl Eats](#)

Ingredients

1 ½ pounds chicken breasts
1 onion, diced
3 carrots, diced
3 celery stalks, diced
2-3 garlic cloves, minced
Salt and pepper, to taste
½ tsp dried thyme
½ tsp dried sage
½ tsp dried rosemary
1 bay leaf
2 Tbsp butter or olive oil
6 cups chicken broth
¾ cup wild rice



Directions

1. Add all ingredients to a 6-quart slow cooker and cook on Low for 4 hours or until chicken is cooked through.
2. Remove chicken and shred. Add back to slow cooker, stir to combine and serve.

Notes

The rice should also be done around the same time the chicken is, but check for doneness since it can vary some depending on the brand of rice you use. If the rice isn't quite done, let it keep cooking and store the shredded chicken in the fridge until the rice is tender.