



Ashley's Meal Prep Monday!



Creamy Chicken and Wild Rice Soup

INGREDIENTS

1 lb chicken breast
4 stalks celery, diced
2 carrots, diced
1 small yellow onion, diced
1 cup uncooked wild rice
2 TSP dried rosemary
2 TSP dried thyme
2 TSP dried sage
2 bay leaves
½ TSP salt/more to taste
5 cups chicken broth
2 TBSP butter or oil
2 cloves garlic, minced
10 oz bella mushrooms, sliced
3 TBSP fresh parsley, chopped
¾ cup coconut cream



Add chicken breast, veggies, rice, herbs, salt and chicken broth into an Instant Pot. Give a good stir and secure the lid and cook on high pressure for 15 minutes.

When you have about 10 minutes left to cook, add the butter/oil, then garlic and saute on med-high heat for a minute. Toss in the sliced mushrooms and saute for about 5-7 minutes, or until browned and softened. Sprinkle with sea salt.

Once cook time is done, release the steam on the Instant Pot and remove the lid. Remove the bay leaves and chicken. Shred the chicken and return to the pot. Stir in coconut cream and add fresh parsley. Let sit another 5 minutes or so before serving with the mushrooms on top.

Recipe idea: wholesomelicious.com

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