Creamy Wild Rice Soup

Makes 1 pot 70 minutes

INGREDIENTS

1 stick of butter
4 carrots, peeled and diced
4 stalks celery, diced
1 onion, diced
3 cloves garlic, minced
¼ cup AP flour
2 ounces dry Sherry
4 cups chicken broth or stock
1 bunch fresh thyme, tied with kitchen twine
4 cups cooked wild rice
salt and fresh cracked black pepper
12 ounces evaporated milk
½ cup half and half

DIRECTIONS

1. Melt the butter in a large Dutch oven or soup pot. Sauté the carrots, celery, and onion for 10 minutes over medium heat, stirring often, until the onions are translucent. Add the garlic after 5 minutes.
2. Stir in the flour and cook for a minute or two more, without browning the flour.
3. Add the Sherry to the pot, and give everything a good stir, then add the broth, along with the bundle of thyme and bring to a gentle boil, stirring often.
4. Add the cooked rice, and teaspoon of salt and pepper. Cover and gently simmer for 5 minutes. Note: check the pan often to make sure it is simmering and not furiously boiling.
5. Remove the thyme bundle, add the evaporated milk and half and half, and heat through.
6. Taste to adjust the seasonings.
7. At this point the soup can be cooled and refrigerated overnight, or you can enjoy.

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