

Creamy Chicken & Wild Rice Slow Cooker Stew

Yield: 9 servings

Ingredients:

- 4 Tbsp olive oil
- 1 ½ cups chopped onion
- 1 ½ cups finely chopped celery
- 1 cup finely chopped carrots
- 2 cups sliced mushrooms
- 2-4 cups finely chopped winter greens (such as kale or collards)
- 2 tsp dried sage, rubbed or crushed by hand into the stew
- 1 ½ tsp salt
- 1 tsp freshly ground black or white pepper
- 9 cups low-sodium chicken broth
- 3-4 cups bite-size pieces, raw or cooked chicken
- 1 ½ cups wild rice, soaked overnight and rinsed
- 1 cup light sour cream or plain Greek yogurt
- ¼ cup finely chopped parsley (optional, for garnish)

Directions:

1. Heat the oil in a large skillet over medium-high heat.
2. Add the onion, carrots and celery. Sauté until the vegetables are softened, about 3-4 minutes.

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3. Add the mushrooms, sage, salt and pepper to the pan. Toss well, cooking for another minute or two.
4. Transfer the vegetables to a 6-8 quart slow cooker and add in the greens.
5. Stir in the chicken broth, chicken and wild rice.
6. Cover the slow cooker and cook on low for 6-7 hours or until the wild rice is tender and the stew is thickened (because of the rice).
7. Turn the cooker to warm and serve.
8. Stir in the sour cream or Greek yogurt and parsley (if using).

Vegetarian option: Omit the chicken and increase vegetable amount by 3 cups. Substitute vegetable broth for chicken broth.

Dairy free option: Omit sour cream and use coconut cream instead.

Don't like cream based soups/stews? No problem, this stew is still delicious without the sour cream.

Nutrition Facts: (Per serving)

Calories: 197 • Fat: 8g • Sodium: 800mg •

Carbohydrates: 19g • Dietary Fiber: 4g •

Protein: 15g

Source: www.divinehealthfromtheinsideout.com



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