



Chicken and Wild Rice Soup

Serves: 6



Ingredients:

- 1-pound boneless skinless chicken breasts, fat trimmed
- 1-pound carrots, peeled and diced
- 2 celery ribs, chopped (1 cup)
- 1 small yellow onion, diced (one cup)
- 4 cloves garlic, minced
- ¼ cup dry wild rice, uncooked
- 1 teaspoon basil
- ½ tsp salt
- ½ tsp pepper
- ¼ tsp thyme
- 32 oz chicken broth (4 cups) (not needed until day of cooking)

Materials

- 1-gallon sized freezer bag

Instructions to Freeze and Cook Later

1. Label your gallon sized freezer bag with the name of the recipe, cooking instructions, and “use by” date (3 months from when you prepped the meal).
2. Add all your ingredients to your freezer bag.
3. Remove as much air as possible, seal, and freeze for up to three months.

To Cook

1. Thaw freezer meal overnight in refrigerator or in morning in water.
2. Add contents of freezer bag to crockpot with broth.
3. Cook on “low” setting for 6 hours in a 6-quart crockpot or 8-10 hours in a 4-quart crockpot
4. Shred Chicken and stir.