



Creamy Chicken Wild Rice Soup

Yield: # 6-8 Time: 1 hour

INGREDIENTS

- 2 cups shredded cooked chicken
- 3 Tablespoons butter
- 1 onion, diced
- 1 cups carrots, diced
- 1 cup celery, diced
- 1/3 cup flour
- 4-6 cloves garlic, minced
- 1 cup wild rice blend
- 1 1/2 teaspoons chicken bouillon
- 1 Tablespoon dried parsley
- 1 teaspoon each dried oregano, dried basil, dried thyme
- 1 bay leaf
- 8 cups chicken broth
- 3 cups half and half
- 2 Tablespoons cornstarch
- 1 cup frozen petite peas, thawed

DIRECTIONS

1. Melt butter in large pot or Dutch oven over low heat.
2. Once melted, increase heat and add onions, carrots and celery. Sauté for 4 minutes.
3. Add garlic and sauté for a minute more.
4. Sprinkle flour over vegetables and stir constantly for 2 minutes.
5. Add rice, bouillon, all seasonings, bay leaf and chicken broth. Cover and bring to a simmer. Then, slide lid so that steam can escape.
6. Simmer for 20-25 minutes, then whisk cornstarch with half and half and add to pot. Continue to simmer for an additional 10-20 minutes or until the rice is almost done. Stir occasionally.
7. Stir in chicken and peas and simmer for 5 more minutes to warm through.
8. Stir in more half and half if the soup is too thick and add additional salt and pepper to taste.

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Teriyaki Chicken Dragon Bowls

Yield: 4-6 servings Time: 1 hour 30 minutes

INGREDIENTS

Stir Fry:

- 2 Tablespoons olive oil
- 3 boneless skinless chicken breasts, cut into cubes
- 1/2 yellow or orange bell pepper, cut into 1" pieces
- 8 asparagus stalks, cut into 2" pieces
- 2 cups baby bok choy, cut into 1" pieces
- 1 carrot, shaved
- 4 green onions, sliced
- 1/2 cup teriyaki sauce

Braised Cabbage:

- 1 Tablespoon olive oil
- 2 apples, cored and peeled and cut into matchsticks
- 1/2 red onion, sliced
- 1/2 red cabbage, cored and sliced into 2 inch strips
- 1/3 cup vinegar
- 1/4 cup water
- 1/4 cup brown sugar
- pepper to taste

Rice:

4 cups cooked rice

DIRECTIONS

1. Make the braised cabbage first, place olive oil into a large pot. Add apple and onion and cook on medium heat until onion softens, about 4 minutes.
2. Next, add the cabbage and continue to cook.
3. Combine the vinegar, water and brown sugar and add to the cabbage, onion apple mixture.
4. Bring to a boil and then reduce heat to a simmer and cook for 30-45 minutes or until the cabbage is tender.
5. Add pepper and keep warm until dish is ready to assemble.
6. Next, make the spicy yogurt. Combine all ingredients and refrigerate for at least 1 hour before serving.
7. Cook rice as desired.
8. Now, to cook the stir fry. Heat 1 Tablespoon olive oil in large skillet. Cook chicken until done and remove from pan and set aside.
9. Add 1 Tablespoon of olive oil to pan and add the pepper, asparagus, broccoli and bok choy and cook until tender-crisp.
10. Add the chicken to the vegetables in the pan along with the teriyaki sauce.
11. Combine and cook for a few minutes.
12. Add the shaved carrot and green onion and cook for another minute.
13. Assemble layers in a bowl starting with the rice, then the stir fry mix. Then, add the braised cabbage and top with the spicy yogurt.

Spicy Yogurt:

- 1 cup greek yogurt
- 1 package powdered ranch dressing mix
- 1/4 teaspoon cayenne powder
- 1 teaspoon lemon juice.

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Rice Pudding

Yield: 8 servings Time: 30 minutes

INGREDIENTS

- 1 1/2 cups Arborio rice
- 3/4 cup sugar
- 1/2 teaspoon salt
- 5 cups 1% milk
- 2 eggs
- 1 cup half and half
- 1 1/2 teaspoons vanilla extract
- 1 cup raisins

DIRECTIONS

1. Combine rice, sugar, salt and milk in pressure cooker (Instant Pot)
2. Select "Sauté" function and bring contents to a boil. Stir frequently to dissolve sugar.
3. When mixture comes to a boil, cover and lock lid in place
4. Select manual or pressure cook function and adjust to low pressure.
5. Set cooking time to 16 minutes.
6. While rice is cooking, whisk together eggs, half and half and vanilla.
7. Let pressure cooker natural release for 10 minutes and then do a quick release. Remove lid and stir rice mixture.
8. Stir in egg mixture and set to saute and cook uncovered until mixture starts to boil.
9. Turn off pressure cooker and stir in raisins.
10. Serve immediately or serve cold. (Pudding will thicken as it cools,. You may want to add a little extra half and half.)

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