

Chicken Noodle Dumpling Soup

This soup recipe can be altered to include any combination of vegetable you have available. The dumplings can also be replaced with any variety of noodles.

Ingredients

Soup

- 3 lb. boneless chicken breast
- 1 small bag, baby carrots
- 15 oz. green beans, canned or frozen
- Salt
- Chicken bouillon cubes
- Garlic powder
- Onion powder
- Parsley
- 1-2 cups wild rice, cooked

Dumplings

- 3 eggs
- ½ cup milk
- 1 tsp salt
- 1 tsp garlic powder
- 2 cups flour

Directions:

Cook wild rice. (See instructions below). Cut chicken into chunks and add to a large stock pot with 4 quarts water and bouillon cubes (~2 to 4). Let boil until chicken is cooked through.

Remove chicken from pot and lower heat to simmer. Add in carrots and green beans; season with salt, garlic powder, onion powder, parsley to taste. Shred or cut chicken into bite sized pieces and return to pot. Add in cooked wild rice.

To make dumplings, beat eggs and add in milk, salt, and garlic powder until thoroughly mixed. Add in flour and stir until mixture is smooth. Once soup is heated through and carrots are tender, drop dumpling mixture into simmering soup by the teaspoonful. Cover pot and simmer until dumplings float to the top and are cooked through. Serve immediately or freeze batches for later.

Cooking Wild Rice Using Stovetop Method

Yield: 1 cup uncooked wild rice = 3-4 cup cooked rice

Directions:

Wash 1 cup uncooked wild rice. Bring 3 cups salted water to a boil in a heavy saucepan, add wild rice. Return water to a boil and stir. Reduce heat to a simmer, cover pan and cook 50-60 minutes or just until kernels puff open. Uncover and fluff rice with fork. Simmer 5 additional minutes. Drain excess liquid.

Cooking Wild Rice Using Microwave Method

Wash 1 cup uncooked wild rice thoroughly. Combine rice with 3 cups water in a covered 2-quart glass casserole dish. Microwave on High for 5 minutes. Then microwave on Medium (50% power) for 30 minutes. Let stand 10-15 minutes, drain.

For additional flavor, try using chicken or vegetable broth in place of water.

Source: mnwildrice.com