



HAM & WILD RICE SOUP

Soups on! This low-fat recipe is great for the family and is easy to follow. The fresh veggies compliment Frick's fully cooked ham, bone-in or boneless. Try this recipe when the weather outside is frightful or when you have leftover ham that's too good to waste.

PREP TIME | **COOK TIME** | **TOTAL TIME** | **SERVES**
15 MIN | **50 MIN** | **65 MIN** | **6 PEOPLE**

INGREDIENTS & INSTRUCTIONS

- 12 oz Frick's ham, cubed
- 2 cups water
- 1/2 cup uncooked wild rice
- 1/2 tsp. salt
- 3 Tbsp. butter
- 1/2 cup green bell pepper, chopped
- 1/2 cup celery, chopped
- 1/3 cup onion, chopped
- 1 clove garlic, minced
- 2 Tbsp. all purpose flour
- 1-1/2 tsp. instant chicken bouillon granules
- 1/2 tsp. salt
- 1/8 tsp. ground black pepper
- 1 medium carrot, grated
- 2 Tbsp. snipped fresh parsley
- 2 cups 2% milk
- 2 cups half-and-half

STEP 1

In a small saucepan combine water, wild rice, and 1/2 tsp. salt. Heat to boiling. Reduce heat; cover and simmer 30 minutes or until rice grains are tender and curl. Drain in a colander, then set aside.

STEP 2

In a 2-3 quart saucepan, melt butter. Add green pepper, celery, onion, and garlic and sauté over medium heat until tender, about 5 minutes.

STEP 3

Stir in flour, bouillon granules, salt, and pepper. Slowly add milk so that the milk thickens as you pour. Add half-and-half, cooked wild rice, ham, carrot, and parsley.

STEP 4

Cook over medium heat 15-20 minutes or until very hot, stirring occasionally. Serve hot.