

Print and cut out recipe label, then tape onto freezer bag with clear shipping tape.

## Creamy Chicken and Wild Rice Soup

**Date:**

### **Additional Ingredients:**

- 4 cups Low-Sodium Chicken Broth
- 4 oz Low-Fat Cream Cheese
- 2 tbsp Cornstarch mixed with 3 tbsp water

*freezermealprep.pro*

### **Slow Cooker:**

- Empty the thawed contents of the bag into a slow cooker and add 4 cups Low-Sodium Chicken Broth.
- Cook on low 4-6 hours or high for 3-4 hours, or to an internal temperature of 165 F.

### **Pressure Cooker:**

- Empty frozen contents of bag into a pressure cooker and add 4 cups Low-Sodium Chicken Broth.
- Turn the pressure to high and cook for 20 minutes, natural pressure release.

### **Additional Instructions:**

- Remove Bay Leaf.
- Shred Chicken and return to pot.
- Add 4 oz Low-Fat Cream Cheese and 2 tbsp Cornstarch slurry to soup and stir until combined.
- Let the soup simmer for 10-15 more minutes in the slow cooker or 2-3 minutes on saute setting in the pressure cooker until soup has thickened.