

Creamy Chicken and Wild Rice Soup (MarysWholeLife.com)

1½ lbs. chicken breasts, boneless, skinless
1 c. onion, diced
1 c. celery, diced
1 c. carrots, diced
3 cloves garlic, minced
1 c. wild rice
6 c. chicken broth
1 bay leaf
1 t. sage
1 t. thyme
½ t. rosemary
1 t. sea salt (or more to taste)
½ t. fresh cracked black pepper
1 c. coconut milk, full fat
Fresh parsley, if desired

Crockpot Instructions

1. Place all ingredients (except for coconut milk) into the crockpot. Stir. Cook on high for 4-5 hours or low for 8-10 hours. Remove the chicken and shred. Add chicken back into the crockpot.
2. Add the coconut milk into the crockpot. Stir. Serve topped with fresh parsley if desired.

Instant Pot Instructions

1. Add all ingredients (except coconut milk) into the instant pot. Stir well. Cook for 35 minutes on high pressure. Manually release the steam. Remove the chicken and shred. Add chicken back into the pot.
2. Add the coconut milk into the instant pot. Stir. Serve topped with fresh parsley if desired.