

Ham and Wild Rice Soup

by Ellen Watts

2 Cups diced cooked ham
1 Cup purchased julienne(matchstick cut) carrots
¾ Cup uncooked wild rice*
1 medium onion chopped (1/2 Cup)
1 can (14 oz.) chicken broth
1 can (10.5 oz.) reduced sodium cream of celery soup
¼ teaspoon pepper
3 Cups water
1 Cup half-and-half
¼ Cup sliced almonds
2 Tablespoons Dry sherry, if desired
¼ Cup chopped fresh parsley

1. Spray slow cooker with cooking spray. In cooker, mix all ingredients except half-and-half, almond, sherry, and parsley.
2. Cover; cook on Low setting 7 to 8hours.
3. Stir in remaining ingredients. Increase heat setting to High. Cover; cook 10 to 15 minutes longer or until hot.

*Do not use canned or quick cooking wild rice.