



HEALTHY VILLAGE

WELLNESS CENTER

Soup Recipes



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[Slow Cooker Thai Chicken & Wild Rice Soup](#)



Slow Cooker Thai Chicken & Wild Rice Soup

8-10 Servings / Prep time: 15 minutes / Cook time: 4 hours

Ingredients

- 6 boneless skinless chicken thighs
- 4 carrots chopped
- 4 cups squash cubed (acorn & butternut were both great)
- 2 onions diced
- 2 tablespoons fresh ginger minced
- 3 tablespoons thai red curry paste
- 3 tablespoons brown sugar
- 3 tablespoons fish sauce
- 2/3 cup wild rice or wild rice blend used in photos
- 4 cups chicken stock
- 2 400mL cans of coconut milk
- 1 tablespoon lime juice

Directions

Combine all ingredients except the coconut milk in a 6 quart slow cooker (* see note).
Cook on low for 6 hours or high for 4 hours.

Stir in the coconut milk and lime juice and cook for 10 or so minutes until completely combined.
Shred chicken with two forks. Serve with lime wedges and cilantro (if desired).

To prep ahead and freeze.

Assemble all ingredients except for the stock and wild rice in a quart-sized freezer bag. Remove as much air as possible. Freeze for up to 3 months. Thaw completely and add to the slow cooker with the stock and wild rice. Cook as indicated above.

Source

<https://sweetpeasandsaffron.com/thai-slow-cooker-chicken-wild-rice-soup/#wprm-recipe-container-18727>