

**Wishing You a Trim Christmas with  
Wild Rice and Barley Soup Mix - THM E**

**Stove Top:** Pour soup mix into a 3 quart sauce pan. Add 8 cups of water, 2 TB butter; bring to a boil. Reduce heat to a simmer. Cover, simmer for 1 hour or until the rice is tender.

**Instant Pot:** Pour soup mix into the Instant Pot liner. Add 8 cups of water and 2 tablespoons butter; stir. Lock lid in place, set pot using pressure cook or manual for 22 minutes. Natural release for 15 to 20 minutes.

For a complete meal add shredded, cooked chicken breast, about 3 ounces per serving. Yield: 6 Servings

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**To add uncooked chicken breast to the soup mix:**

Cut 1 1/4 to 1 1/2 pounds of thawed chicken breast into large chunks. Heat 1 tablespoon of coconut oil in your sauce pan or Instant Pot. Add your chicken and sauté lightly, about 3 minutes per side. Gradually add 1 cup of water; deglaze pan or liner. Add remaining water and soup mix, stir.

Continue cooking by following the instructions on the reverse side of this recipe tag.

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