

Wild Rice and Cheddar Cheese Soup by Lynn's Recipes



Click on the picture above to watch my video demonstration of this recipe.

This is a great soup to have for lunch or dinner on a cold day or any day. This makes four servings, but can easily be doubled for more.

Ingredients:

- 2 cups shredded cheddar cheese (8 ounces)
- 4 teaspoons all-purpose flour
- 2 teaspoons butter
- 1 cup chopped apple, such as Roma
- ½ cup cooked long grain and wild rice, such as Uncle Ben's Original
- 1-1/4 cups reduced-sodium chicken broth
- ½ cup brown ale or amber beer, such as Killian's Red
- ¼ teaspoon ground white pepper
- 2/3 cup half and half

In a medium bowl, toss cheese with flour; set aside. In a 2-quart saucepan, melt butter. Add onion. Cook and stir over medium-high heat for 4 minutes until tender. Add apple, the cooked rice, chicken broth, beer and pepper.

Bring mixture to a boil and reduce heat. Simmer uncovered, 10 minutes. Slowly stir in cheese mixture until melted. Stir in half and half. Cook over medium-low heat until just heated through. To serve, ladle into bowls.

You can garnish this with additional chopped apple, if desired.

Wild Rice and Cheddar Cheese Soup by Lynn's Recipes

NOTE: If you do not wish to use beer in this recipe, you can substitute an additional $\frac{1}{2}$ cup of chicken broth in place of the beer.

[Comment or watch this Recipe on You Tube](#)

Follow me on:

[YouTube](#)

[Twitter](#)

[Facebook](#)

[Instagram](#)

Lynn's Recipes: November 2010
www.lynnrecipes.com

[Click here for a handy Conversion Chart](#)