

**Wild Rice and Leek Soup**  
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4 ½ cups water, divided  
½ teaspoon salt, divided  
2 bay leaves  
½ cup uncooked wild rice  
Cooking spray  
4 cups thinly sliced leek (about 3 large)  
2 teaspoons minced fresh thyme  
4 cups fat free, less sodium chicken broth  
1 cup chopped and peeled red potatoes  
¼ teaspoons freshly ground black pepper  
¼ cup whipping cream

1. Bring 3 ½ cups water, ¼ teaspoon salt, and bay leaves to a boil in a large saucepan. Stir in rice. Reduce heat and simmer 50 minutes or until rice is tender. Remove rice from pan, draining if necessary. Discard bay leaves.
2. Heat pan over medium-high heat. Coat pan with cooking spray. Add leek and thyme, sauté 5 minutes. Stir in remaining 1 cup water, remaining ¼ teaspoon salt, cooked rice, broth, potato and pepper, bring to a bowl. Reduce heat, and simmer 30 minutes or until potato is tender
3. Place 2 cups rice mixture in a blender. Remove center piece of blender lid (to allow steam to escape), secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid spills). Blend until smooth. Return pureed mixture to pan. Stir in cream. Cook over medium heat just until heated.

Yield: 6 servings (serving size 1 cup)