



# Ashley's Meal Prep Monday!



## Chicken, Mushroom & Wild Rice Chowder

### INGREDIENTS

- 1 TBSP avocado oil
- 1 yellow onion, diced finely
- 3 garlic cloves, minced
- 3 carrots, diced
- 2 celery stalks
- 2 chicken breasts, raw
- 1 cup long grain rice & wild rice combo
- 1 package of button mushrooms, sliced
- 4 oz DF cream cheese
- 5 cups water
- 3 1/2 TBSP chicken bouillon
- salt/pepper



Push "sauté" button on the Instant Pot and add your oil. Add garlic and onions, stirring frequently until fragrant, about 1-2 minutes. Turn off "sauté" and add the rest of your ingredients. Hit manual and set for 25 minutes.

Once done, allow for a quick release and then take out the chicken to shred. \*I like to use my hand mixer for shredding - so I'll add it to another bowl and even place a towel over so that chicken isn't flying all over the place\*

Add chicken back into the soup. Mix well and smooth out any remaining lumps from the cream cheese. Add salt and pepper to taste and serve immediately.

Recipe: [allergyawesomeness.com](http://allergyawesomeness.com)

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