

## Wild Rice and Cheddar Cheese Soup by Lynn's Recipes

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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.

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NOTE: If you do not wish to use beer in this recipe, you can substitute an additional ½ cup of chicken broth in place of the beer.

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