

# Ham and Wild Rice Soup -- Crock Pot



By ~SarahBeth~ on October 05, 2009

★★★★★ 0 Reviews



**Prep Time:** 25 mins    **Total Time:** 8 hrs 25 mins    **Serves:** 8, **Yield:** 8 cups

## About This Recipe

"OK with vitamin A! The veggies in this recipe offer a super source of antioxidant vitamin A that helps prevent cell damage. From eatbetteramerica.com"

## Ingredients

2 cups diced cooked ham  
 3/4 cup uncooked wild rice  
 1 medium onions, chopped ( 1/2 cup)  
 1 (1 lb) bag frozen mixed vegetables, thawed, drained  
 1 (14 ounce) cans reduced-sodium chicken broth  
 1 (10 3/4 ounce) cans cream of celery soup  
 1/4 teaspoon pepper  
 3 cups water  
 1/2 cup fat-free half-and-half

## Directions

1. In 3- to 4-quart slow cooker, mix all ingredients except half-and-half.
2. Cover; cook on Low heat setting 8 to 9 hours.
3. Stir in half-and-half. Increase heat setting to High.
4. Cover; cook 10 to 15 minutes longer or until hot.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (311 g)		<b>Total Fat 8.6g</b>	<b>13%</b>
Servings Per Recipe: 8		Saturated Fat 2.9g	14%
<b>Amount Per Serving</b>		<b>Cholesterol 36.6mg</b>	<b>12%</b>
<b>Calories 232.0</b>		Sugars 2.3 g	
Calories from Fat 77		<b>Sodium 284.7mg</b>	<b>11%</b>
	33%	<b>Total Carbohydrate 24.8g</b>	<b>8%</b>
		Dietary Fiber 3.6g	14%
		Sugars 2.3 g	9%
		<b>Protein 15.2g</b>	<b>30%</b>