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NEWS RELEASE

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Meet Your New Year's Resolution to Eat Healthy

This Award-Winning Wild Rice Soup Adds Intrigue to Healthy Eating

The wild rice soup recipe winning judges' hearts during the 2020 Minnesota Cultivated Wild Rice Council's national recipe contest recently took first place in an international contest's Healthy Eats category.

"I didn't have to change a thing with the recipe because it was already healthy and under 500 calories," says Nancy Judd, the Alpine, UT, cook whose soup made her this year's grand prize winner of the Minnesota "Get Wild with Wild Rice" contest. Her [Thai Wild Rice Coconut Chicken Soup](#) also gave her a World Food Championships (WFC) first-place finish.



The soup is a perfect entrée for anyone who made a New Year's resolution to eat healthy. It marries wild rice with mushrooms, ginger, red curry paste, rotisserie chicken, baby spinach, peanuts, and lime juice for an explosion of Thai flavor. Minnesota judges liked not only its delicious, Asian-inspired taste, but also its ease of preparation and could be gluten-free.

"The soup offers lots of vegetables, herbs, proteins, and one fruit, which was lime," Judd explains. She believes the use of peanut butter, offering a creaminess to the soup base, and wild rice, adding texture, provided the winning "twist" that judges in both contests found intriguing. Wild rice, a heart-healthy grain, is high in protein, dietary fiber, and antioxidants. It is also a great addition to gluten-free diets. "I love wild rice – it really adds body to the food; it makes it! I was really pleased with the way the recipe turned out."

Due to pandemic restrictions, WFC canceled its usual events, where cooks prepared food in kitchens, to a virtual contest. Judd entered her Thai Wild Rice Coconut Chicken Soup recipe into the contest, saying her recipe easily met the Healthy Eats division qualifications and was more unusual than other recipes largely consisting of vegetables.

Judd has worked and played with food all her life. "I started to cook when I was three years old," she remembers. "My mother gave me a baking set for Christmas. She was baking a cake, and so I wanted to make a cake. Dad came home and after he tasted my cake he just went on and on about it. He said it was better than my mom's cake, and I was hooked. Three years old and that was it."

Career-wise, Judd became a high school foods teacher and later had her own cooking school for kids in Texas. When they moved to Minnesota, she hosted a cable TV cooking show called "Fun with Foods." Judd also catered weddings, receptions, and parties for more than 38 years while living in those two states. After moving to Utah in 1999, she worked for a local grocery chain creating and teaching cooking classes.

A vivacious mother of eight, grandmother of 38, and great grandmother of three, she began entering recipe and cooking contests after her husband was diagnosed with lung cancer more than a decade ago. She entered cooking competitions as a way to channel some of the stress of worrying about him. Happily, he is now cancer-free and they enjoy traveling, whether it's visiting family or traveling to various cooking competitions.

Judd has won numerous state and national contests for her recipes, including 2013 WFC World Dessert Champion – winning \$10,000. She also cooked on NBC's Today Show, the Phil Donahue Show, the Food Network's "Chopped," and, most recently, on ABC's "The Great American Baking Show," filmed in England.

She credits God with her passion for cooking and her successes: "The Lord has done this for me. I could do none of this myself."

THAI WILD RICE COCONUT CHICKEN SOUP

Nancy Judd, Alpine, UT

- 8 oz sliced mushrooms
- 1 cup chopped onion
- 1 medium red bell pepper, chopped
- 1 tbsp ginger paste
- 3 cloves garlic, minced
- 1 tbsp butter
- 2 tbsp canola oil
- 1 tbsp toasted sesame oil
- 4 cups chicken broth
- 1 can (13.5 oz) coconut milk
- 1-4 tbsp Thai red curry paste, to taste
- 1/3 cup creamy peanut butter
- 2 tbsp fish sauce
- 1/4 cup low sodium soy sauce
- 3 tbsp brown sugar
- 1 tsp lime zest
- 1/2 tsp cayenne pepper
- 2 1/2 cups chopped Just BARE® Deli Rotisserie Chicken – Original Flavor
- 1 small lime, juiced
- 3 cups fresh baby spinach leaves
- 1/3 cup roughly chopped fresh cilantro
- 3 cups cooked wild rice
- 1/3 cup fresh basil, cut in thin strips, garnish
- 1/4 cup fresh cilantro sprigs, garnish
- 1/2 cup chopped peanuts, garnish
- 4-5 radishes, thinly sliced, garnish
- 6 thin slices lime, garnish
- drizzle with toasted sesame oil, garnish

In large saucepan, sauté first 5 ingredients in butter and oils until tender; stir often so garlic doesn't burn. Add broth, coconut milk, curry paste, peanut butter, fish sauce, soy sauce, brown sugar, lime zest, cayenne pepper, and chicken; stir well. Simmer 10-15 minutes; remove from heat. Stir in lime juice, spinach, and cilantro; let spinach wilt. Place wild rice in 6 bowls; ladle soup on top. Garnish. 6 servings.

Note to Editor:

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For more great wild rice recipes readers can obtain a copy of the 2020-2021 *Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions* brochure by sending a business size self-addressed-stamped-envelope to:

Minnesota Cultivated Wild Rice Council

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Credit: Minnesota Cultivated Wild Rice Council

