



Mushroom and Wild Rice Slow-Cooker Stew



Course: **main meals**

PointsPlus™ Value: **6**

Servings: **4**

Preparation Time: **17 min**

Cooking Time: **420 min**

Level of Difficulty: **Easy**

Browning the vegetables in this one-pot meal brings out their natural sweetness. The extra work is worth the flavor boost.

Ingredients

- 1 1/2 tsp olive oil
- 2 cup(s) leek(s), finely chopped, white parts only (about 2 large leeks)
- 2 cup(s) shiitake mushroom(s), sliced
- 1 cup(s) carrot(s), diced
- 3 cup(s) vegetable broth
- 1 tsp table salt
- 1 cup(s) uncooked wild rice

Instructions

Heat oil in large nonstick skillet. Add leeks and mushrooms and sauté until tender, about 5 minutes. (Note: If you're in a hurry, skip this step and simply add all the ingredients directly to the slow cooker.)

Spoon leeks and mushrooms into a 4- to 5-quart slow cooker. Add carrots, broth, salt and rice; cover and cook on low for 6 to 7 hours. Yields about 1 1/2 cups per serving.

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