

Mushroom Wild Rice Soup

A creamy and delicious soup. This will become one of your favorites.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 15 mins

Cooking time: 80 mins

Category: Soups

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Olive oil	0.25 cup
Mushrooms, cooked from fresh	8 ounces
Onion, white, yellow or red, cooked	1 medium - 2 1/2" diameter
Carrots, cooked from fresh	2 medium - 6" to 7" long
Celery, cooked	2 medium - stalk - 7 1/2" to 8" long
Garlic, cooked	4 cloves
Gluten free all-purpose flour	2 tablespoons
White dry cooking wine	250 milliliters
Organic vegetable broth, vegetable	1000 milliliter
Coconut milk (canned, grated meat & water)	1.5 cup
Wild rice (cooked)	1 cup
Thyme, dried	1 teaspoon
Salt, sea salt	1 dash
Black pepper, ground	1 dash

Instructions

For this recipe I use a mix of fresh mushrooms such as cremini, oyster, shitake and white, but any mushrooms will do. And use 1 can of full fat coconut milk.

1. Place large pot over medium heat and add 2 tbsp olive oil. When oil is hot, add mushrooms evenly along the bottom and cook for 5 minutes, then flip and cook for 5 more minutes, or until lightly browned on both sides. Remove mushrooms from pot and set aside.
2. Add remaining 2 tbsp olive oil to the pot. When the oil is hot, add the freshly diced onions, carrots and celery. Sauté until soft and then add the minced garlic. Cook for another minute and then add the flour. Stir and coat the veggies and cook for another 2 -3 minutes more.

3. Add the wine and return the mushrooms to the pot. Bring soup to a boil then reduce heat and simmer until the liquid has reduced by about 1/2, about 4 - 5 minutes.

4. Stir in the broth, coconut milk, rice and thyme. Bring soup to a boil and lower heat to simmer uncovered for about 1 hour or until the rice is tender. Stir occasionally. Add water to soup if needed.

5. Remove from heat season as desired with salt and pepper.

Fresh parsley makes a nice garnish. to thin it out.