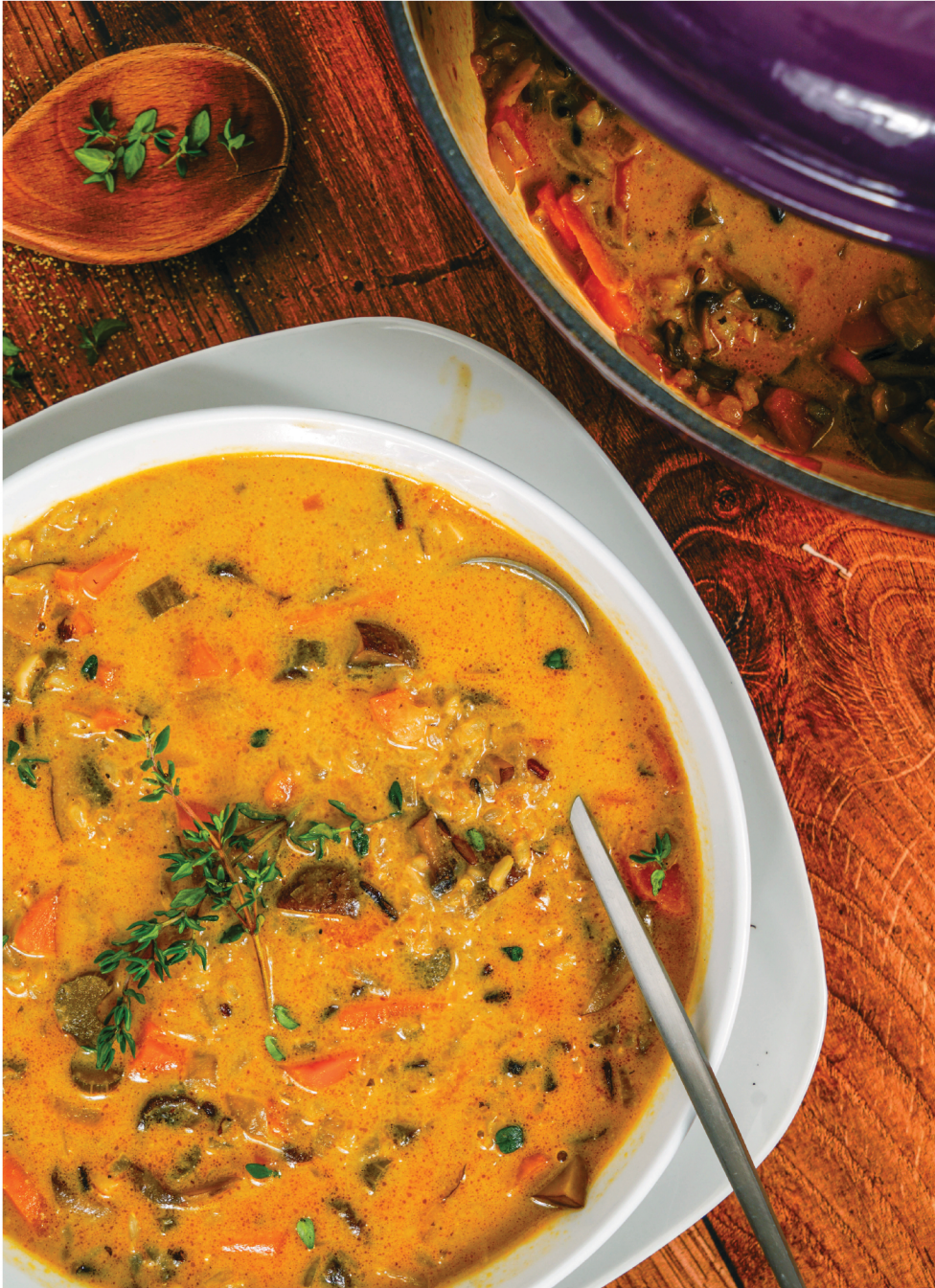


Wild Rice And Mushroom Soup



INGREDIENTS

- 2 Tbsp. Extra virgin olive oil
- 2 Tbsp. unsalted butter
- 1 yellow onion
- $\frac{3}{4}$ cup finely chopped carrots
- $\frac{1}{2}$ cup finely chopped celery
- 12oz baby bella mushrooms, sliced
- 4 garlic cloves, minced
- 4 cups vegetable broth
- 1 cup wild rice blend, dry
- $\frac{1}{2}$ tsp black pepper
- 1 tsp salt
- $\frac{2}{3}$ cups heavy cream (sub cashew cream)
- $\frac{1}{3}$ cup parmesan or nutritional yeast

**Pair with a
slice of
sourdough
bread**

INSTRUCTIONS

1. Let heavy cream sit at room temperature while preparing the soup. (Or prepare cashew cream, if using.)
2. Heat oil and butter in a large pot over medium-high heat. Add onion, carrots, and celery; cook for 8 minutes until softened.
3. Add mushrooms and garlic. Cook for 6–8 minutes, stirring occasionally, until mushrooms are soft and golden.
4. Stir in rice, poultry seasoning, salt, and pepper. Cook for 1–2 minutes.
5. Add broth and 1 cup water. Bring to a low boil, cover, reduce heat, and simmer for 45–60 minutes, until rice is tender.
6. Remove from heat and stir in cream. Gradually add Parmesan, stirring until smooth. Serve warm.