

"Creamy" Wild Rice Mushroom Soup

Vegan-friendly

Ingredients:

- 1 c. multi-color wild rice blend, uncooked*
- 1 small white onion, roughly chopped
- 3 stalks celery, roughly chopped
- 2 large carrots, peeled and chopped
- 3-4 cloves garlic, peeled
- 12 oz. fresh mushrooms, washed, divided
- 1 15-oz. can cannellini beans, undrained**
- 1 whole bay leaf
- 2 t. garlic powder
- 6-8 c. vegetable stock, divided
- Salt and black pepper, to taste
- ½ c. full-fat coconut milk
- ¼ c. fresh parsley, finely chopped

Tip: For less salt, rinse and drain the beans before pureeing them.

Directions:

1. Rinse the wild rice under cold running water until water runs clear. Let drain and transfer to a 5 or 6-quart slow cooker crock.
2. Add onion, celery, carrots, and garlic to a food processor and pulse until very finely minced and transfer to slow cooker crock.
3. Add 2/3 of the mushrooms to food processor and pulse until finely chopped. Thinly slice remaining mushrooms and add to slow cooker pot, along with the finely chopped mushrooms.
4. Add cannellini beans and a little water to food processor and puree until smooth. Pour into slow cooker crock with other ingredients. Add bay leaf, garlic powder, and 6 cups of vegetable stock. Season with salt and black pepper, to taste, and stir to thoroughly combine all ingredients.
5. Cover and cook on high for 3-4 hours or low for 6-8. Actual cooking time will vary by individual slow cooker, so check for doneness after 2½ hours (or 5½ hours for low) and adjust cooking time accordingly. (The rice should be tender, but not mushy, when finished).



natural
awakenings

Prep time: 20 minutes

Cook time: 3-8 hours

Serves: 4-6