## "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

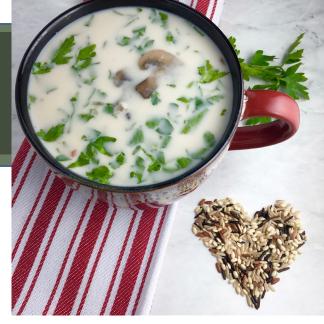
½ c. full-fat coconut milk

1/4 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.
- 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 varying 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).





Prep time: 20 minutes Cook time: 3-8 hours

Serves: 4-6