

Vegan Mushroom Wild Rice Soup



Ingredients

- 3/4 cup wild rice blend
- 4 cups mushrooms diced (I used a mix of white button, Crimini, & Shitake)
- 1 cup white onion diced
- 2 cloves minced garlic about 1 Tbsp
- 2 Tablespoon vegan butter or oil
- 1 teaspoon dried parsley
- 5-6 cups vegetable broth
- 14 ounce can coconut milk
- salt & pepper to taste

Preparation

1. **First, rinse the wild rice and add it to a small or bowl to soak in cold water for 15-30 minutes.**
2. **While the rice is soaking, chop & prep the vegetables. Slice the mushrooms thinly (removing the bottom of the stems if desired) and finely dice the onions.**
3. **Next, add the vegan butter to a large soup pot and turn on the heat. Once the butter has melted, add in the onion, garlic, and mushrooms. Then, sauté for 15 minutes until the onions & mushrooms are beginning to crisp up and brown.**
4. **Make sure to stir consistently to evenly cook the vegetables.**

5. Once the vegetables are cooked, season with a mix of parsley, salt, and pepper. Then, add the vegetable broth, soaked & strained wild rice, and coconut milk to the pot with the vegetables. Stir to mix together.
6. Bring the pot of soup to a boil. Then, reduce the heat to a simmer and cook covered for 20 minutes.
7. At the 20 minute mark remove the soup lid, stir the soup, and cook the soup uncovered for an additional 15-20 minutes until the rice is cooked through. (Please note, if you are using a rice other than wild rice, cooking time will vary, so check if it is done at the 20 minute mark).
8. Remove the the soup from the heat and let it sit for 5 minutes to thicken. Finally, serve and enjoy!