

Cozy Autumn Wild Rice Soup

COZY AUTUMN WILD RICE SOUP (SERVES 16)

INGREDIENTS:

- 12 cups vegetable stock (*or chicken stock*)
- 2 cup uncooked wild rice
- 16 ounces baby bella mushrooms, sliced
- 8 cloves garlic, minced
- 4 medium carrots, diced
- 4 ribs celery, diced
- 2 large (*about 2 pounds*) sweet potato, peeled and diced
- 2 small white onion, peeled and diced
- 2 bay leaf
- 3 tablespoon Old Bay seasoning
- 2 (14-ounce) cans unsweetened coconut milk (*or see cream sauce option below**)
- 4 large handfuls of kale, roughly chopped with thick stems removed
- fine sea salt and freshly-cracked black pepper

INSTRUCTIONS – *NOTE: We have doubled this KindSoup recipe to have enough to share...so you either need a very large pot or you may need to use two pots!*

STOVETOP METHOD:

1. Sauté the veggies. Heat an extra 2 tablespoons butter or olive oil in a large stockpot over medium-high heat. Add onion and sauté for 5 minutes, stirring occasionally, until soft and translucent. Stir in the garlic and cook for an additional 1-2 minutes, stirring occasionally, until fragrant.
2. Add base ingredients. Add in the vegetable stock, wild rice**, mushrooms, carrots, celery, sweet potato, bay leaf and Old Bay seasoning. Stir to combine.
3. Simmer. Continue cooking until the soup reaches a simmer. Then reduce heat to medium-low, cover and simmer for 30 to 40 minutes until the rice is tender, stirring occasionally.

4. Add final ingredients. Add the coconut milk (or cream) and kale to the soup, and stir gently until combined. Taste and season with salt and pepper (plus any extra Old Bay seasoning, if you would like) as needed.

5. Serve. Serve warm and enjoy!

*Alternate cream sauce recipe: In place of the coconut milk, you can either add 3 cups half and half. Or you can make a cream sauce by melting 6 tablespoons of butter in a (separate) saucepan over medium-high heat, whisking in 1/2 cup flour for one minute, and then whisking in 3 cups milk until the mixture is smooth. Let the sauce cook until it nearly reaches a simmer, at which point it will thicken, then remove from heat and add the sauce to the soup once the rice has completely cooked.

** The recipe uses 100% wild rice, but cooking time may vary if you use a wild rice blend or a different type of rice.

PREP AHEAD – Cut up veggies!

(Original recipe: [Gimme Some Oven](#))