

Wild Rice and Mushroom Soup

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Servings: 6

At its base, this soup is vegetarian. Meat can be added using shredded turkey, a few strips of meaty bacon or diced-up leftover ham.

Leftovers will keep refrigerated for up to one week.

1 cup wild rice
1 large onion, diced
4 stalks celery, diced
1 pound mushrooms, diced
2 cloves garlic, minced
1 teaspoon oregano
3 tablespoons all-purpose flour
1 cup white wine
1 bay leaf
1 - 2 cheese rinds (optional)
4 cups vegetable or chicken stock
2 teaspoons rosemary
1 cup whole milk or cream
1 tablespoon cider vinegar
2 teaspoons salt, divided

Bring a pot of water to a boil. Add the wild rice and one teaspoon of salt. Reduce to a simmer. Cook for 40 to 50 minutes, until the wild rice has burst open and tastes tender. Drain, reserving the cooking liquid to use as stock if desired.

While the rice cooks, prepare the rest of the soup. Warm a teaspoonful of oil in a Dutch oven or stockpot over medium-high heat. Add the onions and celery with a half-teaspoonful of salt. Cook until the onions have softened and turned translucent, about 3 to 5 minutes.

Turn the heat down to medium and stir in the mushrooms and another half-teaspoon of salt. Cook until the mushrooms have released all of their liquid and turned dark brown, 15 to 20 minutes. Don't skimp on this step!! This is where the soup gets its deep, rich flavor.

Add the garlic and oregano. Cook until fragrant, about 30 seconds. Sprinkle the flour over the veggies and stir until the vegetables become sticky and there is no more visible dry flour.

Increase the heat again to medium-high and pour in the wine. Stir and scrape the brown bits from the bottom of the pan. Continue simmering until the wine has reduced and thickened a bit.

Add the bay leaf, cheese rinds and stock. Bring to a boil and then reduce to a simmer. Simmer for 20 minutes to meld the flavors.

Add the rosemary, milk and wild rice. Simmer for another 10 to 15 minutes until the soup has thickened to your liking.

Stir in the cider vinegar. Taste and add more salt or vinegar to taste.

Per Serving (excluding unknown items): 170 Calories; 1g Fat (4.5% calories from fat); 6g Protein; 30g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 742mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Vegetable; 0 Fat; 0 Other Carbohydrates.