

CREAMY MUSHROOM AND WILD RICE SOUP

Ingredients

3 cups vegetable stock
½ cup wild rice, rinsed, drained
½ cup sliced green onions (about 4)
1 cup cashew cream (*see recipe below*) or coconut milk
2 tbsp. brown rice flour (optional)
1 tsp. fresh thyme (or ¼ tsp. dried thyme)
½ cup sliced mushrooms (any kind)
1/8 tsp. pepper

*All of these amounts can be adjusted to your personal taste.
There's no right or wrong here.*

Directions

In a medium-sized saucepan, combine vegetable broth and uncooked wild rice. Bring to a boil, then reduce heat. Cover and simmer for 40 min.

Stir in the green onions and cook for 5-10 more min, until rice is tender.

Combine cashew cream, flour, thyme, and pepper, and stir into rice mixture along with mushrooms. Cook and stir until thickened and bubbly.



HOW TO MAKE CASHEW CREAM

Soak 1 cup of cashew for about 1-2 hours. Drain and rinse. Add cashews to blender and process partway. Add small amounts of water at a time until mixture is smooth. Then add remaining water until you get the thickness you're looking for.

For each cup of cashews I tend to use about ¼ - ½ cup of water. If you use a little more or less, it's absolutely fine, particularly for this soup recipe