

Treasure Barrel

Cozy Autumn Wild Rice Soup: Warming and Flavorful

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Soup Base

- [ ] 1 cup wild rice blend, rinsed well
- [ ] 2 tablespoons olive oil
- [ ] 1 large onion, diced
- [ ] 3 carrots, diced
- [ ] 3 celery stalks, diced
- [ ] 8 ounces cremini mushrooms, sliced
- [ ] 3 cloves garlic, minced
- [ ] 1 teaspoon fresh thyme leaves
- [ ] 8 cups vegetable broth
- [ ] 1 bay leaf
- [ ] Salt and black pepper to taste

Finishing Touches

- [ ] 1/2 cup heavy cream or half-and-half
- [ ] 2 tablespoons chopped fresh parsley
- [ ] Additional thyme for garnish

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the onion, carrots, and celery. Sauté for about 8-10 minutes, until they start to soften and smell wonderful.
2. Add the sliced mushrooms and cook for another 5 minutes until they release their liquid and start to brown slightly. Stir in the garlic and thyme, cooking for just 30 seconds until fragrant.
3. Pour in the vegetable broth and add the rinsed wild rice blend and bay leaf. Bring to a boil, then reduce heat to low, cover, and simmer for 35-40 minutes until the rice is tender but still has some chew.
4. Remove the bay leaf. Stir in the heavy cream and parsley. Taste and adjust seasoning with salt and pepper. Let it heat through for about 2 minutes.
5. Serve hot, garnished with additional fresh thyme. This soup pairs beautifully with some crusty bread or a simple salad.

Nutrition per serving

285 kcal	8 g	38 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- Rinsing the wild rice removes excess starch and prevents the soup from becoming too thick
- The soup will thicken as it cools - add more broth when reheating if needed
- For a richer flavor, you can use a mix of vegetable and mushroom broth