

## Autumn Wild Rice Soup

This cozy Autumn Wild Rice Soup is made with fresh seasonal vegetables and greens, hearty wild rice, and a deliciously zesty, creamy broth (made with coconut milk).



Servings: 4  
Prep Time: 15 minutes  
Cook Time: 45 minutes  
Storage: 5 days in refrigerator  
Author: Chef Chandra, Cooking with Chef Chandra

### Ingredients

- 3 cups cooked wild rice (cook according to package instructions)
- 3 TBSP olive oil
- 1 small white onion, peeled and diced
- 2 medium carrots, diced
- 2 ribs celery, diced
- 1 large (about 1 pound) sweet potato or butternut squash, peeled and diced
- 1 bay leaf
- 8 ounces baby bella mushrooms, sliced
- 4 cloves garlic, minced
- 1 ½ TBSP Herb's De Provence
- 6 cups vegetable stock (or chicken stock)
- 2 large handfuls of kale, roughly chopped with thick stems removed
- 1 (14-ounce) can unsweetened coconut milk
- sea salt and black pepper

### Instructions

Heat oil in stockpot over medium-high heat. Add onion, carrots, celery, sweet potato, and bay leaf. Sauté for 5 minutes, stirring occasionally, until soft and translucent. Add the mushrooms and sauté for 5 minutes. Stir in the garlic and cook for an additional 1-2 minutes, stirring occasionally, until fragrant.

Add in the vegetable stock, wild rice, and Herb's De Provence. Stir to combine. Reduce heat to medium-low, cover and simmer for 20 minutes or until all vegetables are tender, stirring occasionally.

Add the coconut milk and kale to the soup and stir gently until combined. Taste and season with salt and pepper (plus any extra seasoning if you would like) as needed. Serve warm and enjoy!

Adapted *Give Me Some Oven* recipe

Chef Chandra

S.O.U.L. Food (*Seasonal/Sustainable, Organic, Unprocessed, and Local*)

925.395.4185

[info@chefchandra.com](mailto:info@chefchandra.com)