



CREAMY MUSHROOM AND WILD RICE SOUP

Makes 6 Servings

INGREDIENTS

- 1 cup wild rice blend
- 3 tbsp butter
- 1 large yellow onion, chopped
- 2 medium shallots, minced
- 4 cloves garlic, minced
- 1 ½ lb mushrooms (we used crimini, portobello, and shiitake)
- 2 tsp fresh thyme leaves, minced
- 1 tsp fresh rosemary, minced
- 1 tsp smoked paprika
- Salt and pepper, to taste
- 3 Tbsp all purpose flour
- 3 cups beef or mushroom broth
- ½ cup white wine
- 2 Tbsp Worcestershire sauce
- 1 Tbsp golden balsamic vinegar
- ¾ cup half and half (optional)
- 1 Tbsp sour cream (optional)

DIRECTIONS

1. Add rice, a pinch of salt, and 1 ¾ cup water to a medium pot. Bring to a boil. Cover and reduce heat to a low simmer, cook until tender and all water is absorbed, about 45 minutes. Leave covered and set aside.
2. In a large heavy bottomed pot, melt butter over medium heat. Cook onion until translucent and beginning to soften, about 7 minutes. Stir in shallot and garlic. Cook for an additional minute. Add mushrooms and cook for another 10 minutes, stirring occasionally, until mushrooms are softened.
3. Stir in thyme, rosemary, paprika, salt, pepper, and flour. Cook and stir for 3 minutes.
4. Whisk in broth, wine, Worcestershire sauce, and vinegar. Adjust heat to medium high, stirring until soup is bubbly and slightly thickened, about 10-15 minutes.
5. Stir in cooked rice, half and half and sour cream, if using. Taste and adjust seasonings if desired.
6. To freeze, omit half and half and sour cream. Freeze the soup for up to 3 months. Thaw overnight in the refrigerator. Stir in cream and sour cream after heating up and before serving.