

Wild Rice and Mushroom Soup

Cook ½ cup wild rice in 1 cup water

- 1 Tbsp. butter
- 1 Tbsp. extra-virgin olive oil
- ½ cup chopped celery
- 1 yellow onion, chopped
- 2 Portobello mushrooms, chopped (washed well)
- ½ pound button mushrooms, washed well & chopped
- 2 cloves chopped garlic
- 2 Tbsp. Tamari
- 5 cups water
- 2 tsp. Celtic sea salt
- 1 3" piece wakame
- black pepper to taste
- 1 cup Eden rice/soy blend

In soup pot, over medium heat, melt butter. Add olive oil, celery and onions. Let cook about 1 minute and add garlic, wakame and mushrooms. Sauté, stirring occasionally, for about 10 minutes, until vegetables are soft.

Add the cooked rice, water, pepper, salt and Tamari. Cook for about 20 minutes longer. Puree the mixture and return to pot. Add rice/soy blend and cook until heated through. Adjust seasonings.