

Recipe posted on gingerfriesen.com, September 2021

Cozy Autumn Soup

Adapted from <https://www.gimmesomeoven.com/cozy-autumn-wild-rice-soup/>

Ingredients:

- 8 cups vegetable or chicken broth or stock (or a combination)
- 1 cup uncooked wild rice
- 8 ounces mushrooms, sliced
- 4 cloves garlic, minced
- 2 medium carrots, diced
- 2 ribs celery, diced
- 3 medium sweet potatoes, peeled and diced
- 1 yellow onion, diced
- 1 bay leaf
- 1 1/2 Tablespoons Old Bay seasoning
- 1 (14-oz) can unsweetened coconut milk
- 2 (or many more) large handfuls of kale, roughly chopped with thick stems removed
- Olive oil and/or butter
- Salt and pepper to taste

Instructions:

1. Heat some olive oil and/or butter in a large stockpot over medium-high heat. Add onion and sauté for 5 minutes, stirring occasionally, until soft and translucent. Stir in the garlic and cook for an additional 1-2 minutes, stirring occasionally, until fragrant.
2. Add in the broth, wild rice, mushrooms, carrots, celery, sweet potato, bay leaf, and Old Bay. Stir to combine.
3. Continue cooking until the soup reaches a simmer. Then reduce heat to medium-low, cover and simmer for 40-50 minutes until the rice is tender, stirring occasionally.
4. Add the coconut milk and kale to the soup, and stir gently until combined. Taste and season with salt (I add 3/4 teaspoon) and pepper (I add none) as needed.

Notes:

- Store cooled leftover soup in glass mason jars in fridge. The soup thickens so when reheating, add more broth and more kale.