

## **Creamy Wild Rice Soup**

By: The Jaroudi Family

Serves 4-6

### **Ingredients:**

4 cups of vegetable broth  
2 cups of plant milk, unsweetened  
4 celery stalks, chopped [160 g]  
1/2 medium red onion, chopped [70 g]  
1 - 15 oz can of cannellini beans (rinsed and drained) [425 g]  
3/4 cup uncooked wild rice [146 g]  
1/3 cup oat flour [41 g]  
2 tsp white miso paste  
1 tsp garlic powder  
1/4 tsp ground thyme  
1/4 tsp ground sage  
1/4 tsp ground rosemary  
1/4 tsp black pepper

### **Directions:**

- 1.) Add the vegetable broth, plant milk, celery, onions, uncooked wild rice, and seasoning in a large pot. Cook on medium heat and bring the soup to a simmer. Once simmering, turn the heat low and cover the pot with a stock pot lid. Stir occasionally and cook until the wild rice splits and becomes tender. (This will be around 30-40 minutes).
- 2.) Add in oat flour and miso paste. Stir well to remove clumps. The soup will thicken and become smooth.
- 3.) Lastly, add the can of cannellini beans.