

# Wild Rice Soup

Before I went vegan I loved wild rice soup. I don't know why it took me so long to try and make one but this recipe is definitely in our top 5 rotation of favorite meals. Its great on its own or with some toasted sourdough.

Prep:

**10 minutes**

Cook:

**30 minutes**

Ready In:

**40 minutes**

Servings:

**6**



## Saute Ingredients

2 cups baby bella mushrooms, sliced

1/2 a large yellow onion, chopped

3 cloves garlic, minced

## Cashew Cream

1/2 cup raw cashews (soaked in 1 cup water for 3-4 hours)

1 tbsp nutritional yeast

2 tbsp miso

1 tbsp apple cider vinegar or lemon juice

## Soup Ingredients

1 cup wild rice

1 cup yellow or red potatoes, chopped

1 cup sweet potatoes, chopped

2 cups kale, chopped

3 cups low sodium vegetable broth

2 tbsp italian seasoning

## Instructions

**1** Place a large sauce pan on medium heat and add a few tablespoons of water to it. Add in your chopped onions, garlic and mushrooms and saute until the mushrooms become translucent (about 5 minutes). If you are doing this in the instant pot you can use the saute function.

**2** While the saute is cooking. Add your cashews (with the water from it soaking), miso, nutritional yeast and apple cider vinegar into your blender and blend on high until smooth. I use a vitamix and blend for a minute until it turns to a cream like texture.

**3** Once the saute is done add the rest of your ingredients into your pot (except the cashew cream we just made). Bring to a boil, reduce heat to a simmer, cover and cook about 30 minutes or until the rice is soft. If you are doing this in an instant pot, cook for 22 minutes on high pressure and let it naturally release.

**4** Once its done stir and add in your cashew cream. Add some extra black pepper on top and enjoy.

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