

Smokey Mushroom & Wild Rice Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF T.J GRACEFFA

Servings: 16 Serving Size: 8 ounces

Ingredients	Quantity	Measure
Wild rice	4	ounces
Olive oil	4	ounces
Spanish onions, 1/4" dice	4	ounces
Cremini mushrooms, cleaned, quartered	1	pound
Shiitake mushrooms, remove stem & julienne	1	pound
Fresh thyme, picked & chopped	1	ounce
Spanish paprika	2	ounces
Sherry wine	4	ounces
Dijon mustard	2	ounces
Oat milk	16	ounces
Nutritional yeast	4	ounces
Vegetable stock	16	ounces
Follow Your Heart smoked gouda style cheese	8	ounces
Cornstarch	2	ounces
Baby arugula	4	ounces
Kosher salt		to taste
Black pepper, ground		to taste

Preparation

1. Cook wild rice in salted water until tender. Drain rice and rinse with cold water. Reserve in refrigeration.
2. In a rondeau over high heat sauté mushrooms in oil until well browned. Add paprika briefly cooked until fragrant.
3. Add onion & garlic to the rondeau cooking until lightly caramelized.
4. Deglaze pan with sherry wine. Add vegetable stock, mustard, oat milk, nutritional yeast & thyme.
5. Bring soup to a simmer and gradually whisk in a cornstarch slurry until soup is thick enough to coat the back of a spoon.
6. Simmer soup for 10-15 minutes.
7. Slowly add Follow Your Heart smoked gouda style cheese stirring constantly over low heat to fully incorporate.
8. Adjust thickness of soup by adding more vegetable stock or more cornstarch slurry.
9. Season to taste with salt and pepper.
10. In a soup bowl start with 1 oz of wild rice and a pinch or arugula. Ladle soup over arugula and rice.

Nutrition Information *From USDA Nutrient Database

Calories: 212 Total Fat: 12g Saturated Fat: 4g Trans Fat: 0g Cholesterol: 0mg Sodium: 256mg Carbohydrate: 20g Fiber: 3g Sugar: 3g Protein: 6g