

Wild Rice Soup

What to serve at your Friendsgiving gathering? Enjoy this creamy, delicious soup with fresh vegetables & hearty wild rice for a crowd-pleasing 1st course. Makes a tasty next day lunch or dinner. 6-7 servings.

Simple Ingredients

- 2 tablespoons Villa Graziella Organic Extra Virgin Olive Oil + extra for drizzling
- 4 cups cooked chicken or turkey, diced cubes-*optional*-
- 2 unpeeled, fresh carrots washed dried, and chopped.
- 2 fresh celery stalks washed, dried, and chopped.
- 1 fresh onion diced-yellow or red.
- 2 fresh garlic cloves, minced.
- ¼ cup all-purpose flour
- 7 ½ cups (1.88 quarts) homemade chicken or vegetable stock or low sodium broth, if possible organic
- 1 cup (5 ounces) uncooked wild rice blend
- 1 cup (8 ounces) creamy goat cheese or heavy cream.
- Sea salt & freshly cracked pepper to taste.

Easy Directions

1. In a large pot with a lid or Dutch oven, heat 1 tablespoon of olive oil over medium heat, add carrots and celery with a pinch each of sea salt & pepper. Stir & sauté until vegetables soften about 5 minutes.
2. Add the onion, stir, and sauté until veggies start to become translucent, about 5 minutes.
3. Add remaining tablespoon of olive oil, followed by garlic, stir until garlic becomes golden, not brown. Then sprinkle the flour over the veggies, stir and sauté until evenly coated, 2-3 minutes.
4. Add the wild rice to the pot and slowly stir in 7 cups of the stock or broth, set aside remaining ½ cup.
5. Bring to a boil, then simmer covered over low heat until vegetables soften, and the rice absorbs some of the broth about 30-40 minutes.
6. As the soup simmers, remove the goat cheese from the refrigerator and slice into 1/2-inch rounds, set aside. If using cream remove from refrigerator and set aside.
7. Add cubed meat, stirring occasionally, simmer over low heat until rice becomes more tender, about 10-15 minutes.
8. Add the goat cheese or cream to the pot, stir until fully blended.
9. Season to taste with salt & pepper.
10. Drizzle with olive oil, serve immediately & enjoy!

Helpful Hints

- Sautéing veggies on medium heat allows them to “sweat” releasing liquid while gaining rich flavors.
- Add meat at the end to avoid overcooking and becoming too soft.
- If not ready to serve, turn off heat and cover the pot. Note that the rice will continue to absorb the broth, add remaining ½ cup of broth and cook to desired consistency before adding the meat and goat cheese.
- Soup not thick enough? Simmer uncovered 10 minutes before serving.
- For fully blended flavors, prepare soup a day ahead. Allow to cool, soup will thicken as it rests. Reheat over low heat.
- Refrigerate up to 3 days. Freeze in an airtight container up to 3 months.
- Compost or add remaining veggie stalks & skins in your next stock.