YIELD: 4 SERVINGS

**Vegan Mushroom Wild Rice Soup**



A creamy & dairy-free soup with wild rice, meaty mushrooms, onions, and a truly flavorful soup broth. The most comforting vegan & gluten-free soup!

**PREP TIME**5 minutes

**COOK TIME**55 minutes

**TOTAL TIME**1 hour

**Ingredients**

* 3/4 cup wild rice blend
* 4 cups mushrooms, diced (I used a mix of white button, Crimini, & Shitake)
* 1 cup white onion, diced
* 2 cloves minced garlic (about 1 Tbsp)
* 2 Tbsp vegan butter (or oil)
* 1 tsp dried parsley
* 5-6 cups vegetable broth (I start with 5 and add up to 6 for a slightly thinner soup)
* 14 oz can coconut milk
* salt & pepper to taste

**Instructions**

1. First, rinse the wild rice and add it to a small or bowl to soak in cold water for 15-30 minutes.
2. While the rice is soaking, chop & prep the vegetables. Slice the mushrooms thinly (removing the bottom of the stems if desired) and finely dice the onions.
3. Next, add the vegan butter to a large soup pot and turn on the heat. Once the butter has melted, add in the onion, garlic, and mushrooms. Then, sauté for 15 minutes until the onions & mushrooms are beginning to crisp up and brown. Make sure to stir consistently to evenly cook the vegetables.
4. Once the vegetables are cooked, season with a mix of parsley, salt, and pepper. Then, add the vegetable broth, soaked & strained wild rice, and coconut milk to the pot with the vegetables. Stir to mix together.
5. Bring the pot of soup to a boil. Then, reduce the heat to a simmer and cook covered for 20 minutes.
6. At the 20-minute mark remove the soup lid, stir the soup, and cook the soup uncovered for an additional 15-20 minutes until the rice is cooked through. (Please note, if you are using a rice other than wild rice, cooking time will vary, so check if it is done at the 20-minute mark).
7. Remove the soup from the heat and let it sit for 5 minutes to thicken. Finally, serve and enjoy!

**Notes**

* Soup can be stored as leftovers in a closed container in the fridge. Any leftovers will thicken substantially as the rice will absorb the liquid, so add in extra vegetable broth for a soup-like consistency when eating leftovers.
* To get the rich color you see pictured, it's crucial to use a high-quality thick veggie broth/stock. I used [Pacific Foods Brand](https://amzn.to/36Y77Se).

**Nutrition Information:**

**YIELD:**

 4

**SERVING SIZE:**

 1 bowl  
*Amount Per Serving:* CALORIES: 457TOTAL FAT: 29gSATURATED FAT: 23gTRANS FAT: 0gUNSATURATED FAT: 3gCHOLESTEROL: 15mgCARBOHYDRATES: 43gFIBER: 5gSUGAR: 16gPROTEIN: 11g

*ShortGirlTallOrder occasionally offers nutritional information for recipes contained on this site. This information is provided as a courtesy and is an estimate only. This information comes from online calculators. Although shortgirltallorder.com attempts to provide accurate nutritional information, these figures are only estimates.*

Full Recipe can be found at:

<https://shortgirltallorder.com/vegan-mushroom-wild-rice-soup?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=1007181932_45927590_508940>

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