

Wild Rice Soup

1/2 cup wild rice

cook in rice cooker or boil in pot in 2 cups water for 30-45 min until absorbed and fluffy

3 Tablespoons canola oil (store canola oil in the fridge to keep it fresh)

1 very large (or 2 medium) onion(s) finely chopped

2 stalks celery thinly sliced

Choose one:

8 oz mushrooms (button or shitake) **OR**

1 head of broccoli. Cut the flowers off and into small florets. Chop the remainder.

2 carrots, grated.

Sauté until vegetables are soft and onions are translucent.

Add:

1/2 cup flour

Sauté for ~3 min. Add

1 1/2 tsp. curry powder

Sauté another 2 minutes

Add

4 cups water or vegetable broth

2 tsp. chervil

2 tsp. salt

2 containers silken soft tofu

2 tsp. dry mustard

Blend with handheld blender until most of the lumps are gone. Heat until bubbling. Add wild rice and if using broccoli, add broccoli florets and simmer until florets are cooked. Once cooked, add:

1/4 tsp. white pepper

2 cups plain soy milk

1/2 cup soy creamer (Silk or Trader Joe's)

2/3 cup sherry (dry cooking sherry)

Reduce heat to low. Do not boil after the creams have been added.

Simmer until ready to serve. Turn off heat 10 minutes before serving. Serves 6-8.