

Kakagon Wild

Rice Soup



Gluten-free

This is a warm, filling soup that's perfect to enjoy on those first chilly autumn days!



Wild Rice Cooking Instructions:

1. Wash the wild rice thoroughly.
2. Combine 1 part rice to 2 parts water (1 cup dry rice: 2 cups water)
3. Bring to a boil, then reduce heat and simmer until rice is tender, (35-45 minutes). Drain if necessary.

Note: After cooking, wild rice will expand about 3 times more than original amount: 1 cup dry rice = about 3 cups cooked rice.

Ingredients:

3 cups cooked wild rice

2 lbs. pork sausage (or substitute 2 filets of whitefish)

1 small onion, diced

2-3 celery stalks, diced

roughly 8 cups vegetable broth

2 cups fresh mushrooms, chopped

2-3 carrots, chopped

1 ½ cups local whole milk

1. In a soup pot over medium-high heat, sauté onions and celery and sauté until golden brown.
2. Add sausage to onion and celery and cook until brown.
3. Add vegetable broth, mushrooms, carrots to the pot. Bring to a boil, then reduce heat and simmer until carrots are tender.
4. Add cooked rice and milk, simmer for another 5-10 minutes, then serve.