



## Wild Rice Soup

### INGREDIENTS

1/2 cup of raw or roasted cashews

1 medium yellow onion diced

2 celery ribs thinly sliced

4 medium carrots cut in rounds

8 ounces of baby bella mushrooms sliced

6 cloves of garlic minced

2 tablespoons of olive oil

1 tablespoon of dried thyme

2 tablespoons of dried oregano

8 cups of vegetable broth

1 cup of wild rice (not a wild rice blend)

1 cup of dried great northern white beans (not canned! The Instant Pot will cook the dry beans)

2 1/2 teaspoons of kosher salt, divided

1/2 teaspoon of black pepper

2 teaspoons of dried sage

1 tablespoon of soy sauce

### METHOD

Place the cashews in a bowl and cover them with water. Leave them to soak while you make the recipe.

Add the olive oil to the Instant Pot and turn on sauté mode. Add the onion, celery and carrot and cook, stirring occasionally for 5 minutes until lightly browned. Add mushrooms and sauté for 2 minutes. Add garlic, thyme and oregano and stir for 2 minutes.

Add the broth, wild rice, dried white beans, 2 teaspoons kosher salt, and black pepper. Lock the lid of the Instant Pot. Cook on high for 45 minutes.

Once it's complete, turn OFF then quick release the pressure. Taste a bean to see if it is tender. If not, cook on High Pressure for another 5 minutes and do a quick release.

Using a liquid measuring cup, carefully remove 2 cups of the hot soup (including the broth, veggies and rice) to a blender. Drain the cashews and add them to the blender with the dried sage. Blend on high for about 1 minute until creamy. Then pour back into the soup.

Add 1/2 teaspoon kosher salt and the soy sauce. Taste, and adjust seasonings as desired. Garnish with a drizzle of olive oil and fresh ground pepper.