



## Creamy Mushroom and Wild Rice Soup

### Description

# Creamy Mushroom and Wild Rice Soup: A Hearty and Earthy Delight

The rich and creamy mushroom and wild rice soup pictured above is a perfect combination of earthy mushrooms and nutty wild rice, all enveloped in a luxurious, creamy broth. This comforting dish is ideal for cozy nights or as a satisfying lunch. Not only is it packed with flavor, but it's also a hearty, nutritious meal with a balanced mix of vegetables, grains, and dairy.

## The Appeal of Mushroom and Wild Rice Soup

This soup is an excellent option for mushroom lovers, as the meaty texture and deep umami flavor of the mushrooms take center stage. Wild rice adds a chewy, nutty element, making the soup more substantial than a typical cream-based soup. The cream adds richness without overpowering the other flavors, creating a harmonious balance.

Now, let's break down the ingredients and steps to make this delicious soup.

## Ingredients

To make this comforting mushroom and wild rice soup, you'll need the following ingredients:

- **1 cup wild rice** (uncooked)
- **4 cups vegetable or chicken broth** (divided)
- **2 tablespoons butter** (or olive oil for a dairy-free option)
- **1 medium onion, finely chopped**
- **2 cloves garlic, minced**
- **16 oz (about 4-5 cups) cremini or button mushrooms, sliced**

- **2 tablespoons all-purpose flour** (for thickening)
- **1 cup heavy cream** (or half-and-half for a lighter version)
- **1 teaspoon dried thyme** (or 1 tablespoon fresh thyme)
- **Salt and freshly ground black pepper** to taste
- **Chopped fresh parsley** for garnish (optional)

## How to Make Creamy Mushroom and Wild Rice Soup

### Step 1: Cook the Wild Rice

- Begin by cooking **1 cup of wild rice** in **2 cups of broth** (or water) according to the package instructions. This usually takes about 40-45 minutes. Set aside once cooked.

### Step 2: Sauté the Vegetables

- In a large pot or skillet, melt **2 tablespoons of butter** over medium heat. Add **1 chopped onion** and sauté until softened, about 3-4 minutes.
- Add **2 cloves of minced garlic** and cook for an additional minute until fragrant.

### Step 3: Cook the Mushrooms

- Add the **sliced mushrooms** to the pot and sauté until they release their moisture and become golden brown, about 7-8 minutes. The mushrooms should have a tender, meaty texture.

### Step 4: Make the Roux

- Sprinkle **2 tablespoons of flour** over the mushroom mixture and stir well. Cook the flour for about 1-2 minutes to remove any raw taste.

### Step 5: Add Broth and Simmer

- Gradually add the remaining **2 cups of broth** while stirring constantly to prevent lumps. Bring the mixture to a gentle simmer and let it cook for about 10 minutes to thicken slightly.

### Step 6: Stir in the Cream and Wild Rice

- Once the soup has thickened, stir in **1 cup of heavy cream** and the cooked wild rice. Add **1 teaspoon of dried thyme**, and season with **salt and pepper** to taste. Let the soup simmer for an additional 5-10 minutes to allow the flavors to meld together.

### Step 7: Serve and Garnish

- Ladle the soup into bowls and garnish with fresh parsley for a pop of color and freshness. Serve warm with crusty bread or crackers.

## Tips for the Perfect Mushroom and Wild Rice Soup

- **Use a variety of mushrooms:** While cremini or button mushrooms work great, you can also use a mix of wild mushrooms like shiitake or oyster for more depth of flavor.
- **Substitute the cream:** For a lighter or dairy-free version, you can substitute the heavy cream with coconut milk or a plant-based alternative.
- **Make it gluten-free:** To make the soup gluten-free, simply swap out the flour for a gluten-free flour blend or cornstarch.

## Why You'll Love This Soup

This creamy mushroom and wild rice soup is the ultimate comfort food. It's packed with textures from the chewy wild rice and tender mushrooms, and the creamy broth adds a luxurious mouthfeel that's incredibly satisfying. Plus, the earthy mushrooms paired with fragrant thyme create a savory, comforting flavor that's hard to resist.

Whether you're making this soup for a cozy family dinner or preparing it in advance for meal prep, it's a dish that will warm both your heart and stomach.

## FAQs About Mushroom and Wild Rice Soup

### 1. Can I freeze mushroom and wild rice soup?

Yes, this soup freezes well. Just be aware that the cream may separate slightly when reheated, but stirring it well will help bring the soup back together.

### 2. How long can I store the soup?

You can store the soup in the refrigerator for up to 3-4 days. Reheat gently over low heat, stirring occasionally.

### 3. Can I add more vegetables?

Absolutely! You can add spinach, carrots, or even kale to the soup for added nutrition and flavor.

### 4. What can I use if I don't have wild rice?

You can substitute wild rice with brown rice, quinoa, or even farro for different textures and flavors.

### 5. How can I make the soup thicker?

If you prefer a thicker consistency, you can add more flour during the roux step or reduce the liquid slightly by simmering the soup longer.

## Category

1. Granda Recipes

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