Wild Rice and Mushroom Soup

Ingredients:

- ¾ cup wild rice
- 1 Tbl. canola oil
- 1 ½ cups onion, chopped
- 1 red bell pepper, chopped
- 3 cloves garlic, minced
- 12 oz. button or Baby Bella mushrooms, sliced
- 3 oz. Shiitake mushrooms, sliced (optional)
- 1/3 cup flour
- 4 cups reduced sodium vegetable broth
- 1 (12-ounce) can evaporated skimmed milk
- 1 tsp. Worcestershire sauce
- ¼ tsp. black pepper
- 1 tsp. marjoram
- ¼ tsp. salt

Directions:

1. In a medium saucepan, bring 1 ½ cups of water to a boil. Add rinsed rice, stir, lower heat to a simmer, and cook for 40-45 minutes until tender and all water is absorbed.
2. Meanwhile, sauté the onion in a soup pot about 8-10 minutes over low heat until translucent. Add red pepper, garlic, mushrooms and marjoram and continue sautéing until tender.
3. Add flour and stir until evenly distributed.
4. Gradually stir in vegetable broth and heat until boiling. Turn heat down to a simmer.
5. Add evaporated milk and rice. Add Worcestershire sauce and seasonings.

Yields about 6 servings.

Source: Recipe from Broome County CCE