



## **Northern Great Lakes' Wild Rice Soup**

- 2 Tablespoons sunflower or corn oil
- 1 large onion, peeled, chopped
- 3-1/2 ounces wild mushrooms, cleaned, sliced
- 3 garlic cloves, minced
- 1 (32 ounce) container chicken or vegetable broth, divided
- 1/2 teaspoon thyme
- 1/2 teaspoon dried parsley
- 3 cups cooked wild rice\*
- Salt and black pepper to taste
- 2 cups fresh baby spinach
- 2 cups torn fresh dandelion greens

Place oil in large hot soup pot; add onion; sauté until golden; add mushrooms; cook until softened; add garlic stirring for about 2 minutes. Add about 24 ounces of broth, thyme, and parsley. Stir in cooked wild rice; season with salt and pepper to taste. Add remaining broth; bring to a boil; reduce heat, simmer for 5 minutes to combine flavors.

Before serving, stir in spinach and dandelion greens; stir to lightly soften, about 2 to 3 minutes. Add remaining broth as needed for desired soup consistency. Serve hot. Yield: Serves: 4

**Cook's Note:** I used fresh oyster mushrooms but reconstituted dried mushrooms can be substituted. You can also use other herbs such as sage or a dash of red pepper flakes for a warm flavor boost. I used cooked rice for a quicker preparation time.

**Inspired by:** Nutrition Secrets of the Ancients by Dr. Gene Spiller and Rowena Hubbard

**About this Recipe:** Wild rice is really the seed of a long grain marsh grass that was a valuable staple of Native American culture. With its chewy texture and light vegetal taste, it is delightful as a first course or main dish. It is a protein powerhouse, full of fiber and is a healthy plus for one's diet. Feel free add flavor with your favorite herbs and team it with wild mushrooms.