

Cream of Wild Rice Soup

Prep. Time: 15 minutes

Cook Time: 45-60 minutes

6 one-cup servings

1 T. Earth Balance
1½ c. sweet onion, diced
1 stick celery
5 mushrooms

SAUTÉ in large kettle.

3 c. water
½ c. wild rice
1 T. McKay's Chicken Style Seas.
1 T. low sodium soy sauce
1½ t. crushed garlic
½ t. salt
½ t. lemon juice
½ t. onion powder
½ t. parsley
¼ t. crushed basil

ADD to kettle.
BRING to a boil & turn to low.
SIMMER for 45 minutes.

1 c. water
½ c. raw washed cashews
2 T. Tofutti nonhydrogenated
Sour Cream

COMBINE in blender.
WHIZ until smooth as cream.
ADD to soup and warm to serving
temperature—**do not boil!**