

Sweet Potato Wild Rice Soup

by Elizabeth Varga

Makes 6 servings

Ingredients

- 1 Medium Yellow Onion small diced
- 2 Stalks Celery small diced
- 4 Cloves Garlic minced
- 1 Cup Dry Wild Rice
- 3 Tablespoons Red Wine Vinegar
- 2 Pounds Sweet Potato cubed
- 2 Teaspoons Salt
- 1 Teaspoon Herbs De Provence
- ¼ Teaspoon Poultry Seasoning
- 8 Cups Vegetable Broth
- ½ Cup Vegan Yogurt OR Cashew Cream OR Canned Coconut Milk
- 1 Bunch Lacinato Kale de-stemmed and chopped into bite sized pieces



Directions

- In a soup pot, sauté the onion and celery on medium heat. Use a splash of the vegetable broth if they start to stick.
- Add the garlic and cook 30 seconds.
- Stir in the rice. Toast for 1-2 minutes.
- Deglaze the pan with the red wine vinegar. Then add the sweet potatoes, poultry seasoning, herbs de Provence, salt, and vegetable broth to the pot.
- Bring to a boil then partially cover and simmer for 40-45 minutes, until the rice is tender.
- Stir in the kale and yogurt and let cook 5 minutes more until the kale is soft.



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