Blue Zones Project®

# Wild Rice and Mushroom Soup

From the kitchen of:
Blue Zones Project®

Instant Pot Recipe by:
Simple Green Smoothies

## Ingredients:

1 yellow onion, chopped
5 carrots, peeled & chopped
5 celery stalks, chopped
3 garlic cloves, minced
8 oz cremini mushrooms, chopped
1 tsp dried thyme
1 tsp ground sage
1 c wild and brown rice blend
4 c water
1/2 c full-fat coconut milk
fresh ground pepper

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## Directions:

1. Combine onion, carrots, celery, garlic, mushrooms, thyme, sage, rice, and water in the Pot and secure lid. Move the steam release valve to sealing and select Manual/Pressure Cook to cook on high pressure for 25 minutes.
2. When cooking cycle is done, let the pressure naturally release for 10 minutes, the move steam valve to venting to release any remaining pressure. When floating valve drops, remove lid. Stir in the coconut milk.
3. Season with additional pepper, to taste, and serve immediately with a squeeze of fresh lemon to brighten the flavors and a few sprigs of thyme.

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