



VEGGIE WILD RICE SOUP

Ingredients

- 2 cloves garlic, minced
- 1 large white onion, diced
- 1 cup chopped kale
- 6 cups veggie broth
- 1 cup carrots, diced
- 1 cup celery, diced
- 1/2 cup mushrooms, diced
- 1 Yukon potato, skinned and cubed
- 1 cup wild rice, dry
- 1 tsp dried thyme
- 1 bay leaf
- 1 tsp freshly cracked black pepper

Directions

Combine all ingredients into crockpot, cook on low for 5-6 hours, or until potatoes are tender and rice is cooked. Add more broth if necessary.