

Broccoli Wild Rice Soup with Pine Nuts

Adapted from several online recipes



Servings: 10

1. In a large soup pot over medium heat add EVOO. Then add onions and leeks. Allow to sweat, turning heat down as needed, while you chop the carrots and celery. Add those to the pot. Add the broccoli, wild rice, salt, pepper, marjoram, heavy cream and chicken broth. If the vegetables aren't covered with liquid, add water or milk to the pot to just barely cover the vegetables.
2. Bring the mixture to a very low simmer, cover and cook for about 10 minutes. Add white rice and continue cooking for another 20 minutes. Taste the rice to make sure it's barely tender. A little bite to it is good, but not crunchy.
3. At the very end, add half and half and grated cheddar (or you may add the cheese as a garnish), and bring back to a simmer. Serve at this point or cool and refrigerate. If you'd like a thicker soup, remove about 3 cups of the soup and use an immersion blender to puree and add back into the soup.
4. When serving add Italian parsley to the top. Optional garnishes: croutons, diced red bell pepper, pesto, more grated cheese. You could also add chopped rotisserie chicken. You could also use coconut milk in lieu of heavy cream and/or the half and half. If you use Trader Joe's brand it won't have much of a coconut milk taste.

- 1 1/2 tablespoons EVOO
- 1 large yellow onion, chopped
- 3 large carrots, peeled, sliced
- 2 1/2 cups celery, chopped
- 2 medium leeks, cleaned, chopped
- 4 cups low-sodium chicken broth, or vegetable broth
- 1 teaspoon dried marjoram
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 1/3 cup wild rice
- 1/3 cup basmati rice
- 8 cups fresh broccoli, trimmed, chopped, stems chopped
- 1 cup heavy cream
- 2 cups half and half
- 2 cups sharp cheddar cheese, grated
- 6 tablespoons Italian parsley, chopped
- 1/3 cup pine nuts, toasted

Per Serving (excluding unknown items): 519 Calories; 37g Fat (60.9% calories from fat); 23g Protein; 30g Carbohydrate; 7g Dietary Fiber; 91mg Cholesterol; 932mg Sodium; 9g Total Sugars; 1mcg Vitamin D; 530mg Calcium; 3mg Iron; 1030mg Potassium; 504mg Phosphorus. Exchanges: .

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