

Instant Pot Mushroom & Wild Rice Soup

SERVINGS
8

PREP TIME
15 MIN

COOK TIME
55 MIN

TOTAL TIME
1HR 10 MIN

This savory and spectacular recipe shines in the instant pot, cooking the wild rice to perfection while melding all the mushroom flavors.



ORGANIZING
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Ingredients

Directions

1

- Olive Oil
- 1 Large Onion
- 4 Celery Ribs

- Set 6 QT Pressure Cooker to Sauté setting & drizzle olive oil to heat up.
- Dice onion & celery and add to heated pot, mix well and cook about 5 minutes until translucent.

2

- ½ to 1 lb Baby Carrots
- 1+ C Baby Potatoes
- 16 oz Sliced Bella Mushrooms
- 1 C Wild Rice (Blend)

- Determine your preferred amount of carrots, cut in half or thirds depending on size of baby carrots and preference. Add to pot and mix well.
- Determine preferred amount of potatoes, dice, and add to pot.
- Roughly chop mushrooms and add.
- Add rice and mix well.

3

- 1 (32 oz) Container Vegetable Broth
- 2 C Dairy Free Milk (of Choice)
- 1 Can Unsweetened Coconut Milk

- Add vegetable broth, dairy free milk, and coconut milk to pot, mix well.

4

- 2 Bay Leaves
- 1 T Soy Sauce
- 2 tsp Dried Thyme
- 2 tsp Poultry Seasoning (naturally plant based)
- 2 tsp Salt
- 1 tsp Pepper

- Add seasoning & mix well. *Increase seasoning if filling pot with more veggies.*
- Seal and set to "Soup" setting (or 30 minutes on high pressure). Will take about 15 minutes to fully pressurize.
- After cooking allow pressure to reduce naturally 10 minutes before releasing remaining pressure.

5

- 3 T Corn Starch
- 3 T COLD Water

- **Taste to see if more salt & pepper or any other spice is needed.**
- Set pressure cooker back to Sauté setting.
- Mix equal parts of corn starch and water together in a small bowl.
- Add to pot and mix well, cook for 3-5 min to thicken up soup. *If the soup begins to over-vigorously boil cancel "Sauté" setting and go back to "Keep Warm" setting, you may need to toggle back and forth a bit.*

SERVE WITH:

- Saltine Crackers **OR** Crusty Bread
- Salt & Pepper to Taste