

Instant Pot Wild Rice Soup

SERVINGS
8

PREP TIME
15 MIN

COOK TIME
55 MIN

TOTAL TIME
1HR 10 MIN



Hearty mushrooms, tender wild rice, & creamy coconut milk come together in this cozy soup - all made effortlessly in your Instant Pot with minimal prep and maximum flavor.

ORGANIZING
a Plant Based Life.com

Ingredients

Directions

Feel free to make this soup your own by adjusting the veggie quantities to suit your taste - just be sure to scale your seasonings to match, and never fill above your Instant Pot's maximum fill line.

1

- Olive Oil
- 1 Large Onion
- 4 Celery Ribs

- Set a 6 qt Instant Pot to Sauté and heat 1-2 tbsp olive oil (or a generous drizzle).
- Dice onion and celery, add to the pot, and sauté for 2-3 minutes, stirring occasionally.

2

- 2 Bay Leaves
- 1 tbsp Soy Sauce
- 2 tsp Dried Thyme
- 2 tsp Poultry Seasoning
- 2 tsp Salt
- 1 tsp Pepper

- Add seasonings, mix well, and sauté about 3 minutes.

3

- ½ lb Baby Carrots
- 1 C Baby Potatoes
- 16 oz Bella Mushrooms
- 1 C Wild Rice Blend

- Dice carrots and potatoes and add to the pot.
- Slice mushrooms and add to the pot.
- Add wild rice blend and stir everything together.

4

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

- Add broth, dairy-free milk, and coconut milk to the pot and stir well.
- Seal the lid and set to high pressure for 20 minutes. Allow about 15 minutes for the pot to fully pressurize.
- Once cooking is complete, allow pressure to release naturally for 20 minutes before releasing any remaining pressure.

5

- 2 tbsp Corn Starch
- 2 tbsp COLD Water

- Taste and adjust salt, pepper, or any other seasonings as needed.
- Set the pot back to Sauté.
- In a small bowl, mix 2 tbsp corn starch with 2 tbsp cold water until smooth.
- Add to the pot and stir well. Cook for 3-5 minutes until soup thickens - if it begins to boil too vigorously, switch to Keep Warm and toggle back and forth as needed.

SERVE WITH: Saltine Crackers **OR** Crusty Bread and alt & Pepper to Taste