

WILD RICE TOMATO SOUP

Not your typical wild rice soup, Chef Kurt's version is loaded with vegetables and grains. And deliciousness! Soups in general are flexible. Feel free to switch out the veggies to whatever suits you. Add this one to your repertoire of warm, cozy meals!

Chef Kurt Kwiatkowski

Featured Food: wild rice

Yield: Serves 6-8

Ingredients

1 T vegetable oil	1 bay leaf
½ c medium diced onion	½ t crushed red pepper
½ c medium diced celery	2 t dried oregano
4 c stemmed and rough cut kale	1 c wild rice
1½ T minced garlic	2 t red wine vinegar
1 T tomato paste	1 T chopped fresh rosemary
2 quarts vegetable broth	1 T chopped fresh thyme
2½ c canned diced tomatoes	Salt and pepper to taste

Preparation

Heat oil in a soup pot over medium high heat; sauté onions, celery, and kale for 5-7 minutes.

Add garlic and tomato paste; sauté an additional 2 minutes stirring frequently.

Deglaze pot with vegetable broth, then add tomatoes, bay leaf, crushed red pepper, and dried oregano; stir well.

Add rice. **Do not stir.** Heat to a boil, reduce heat to simmer, and partially cover the pot with a lid. Simmer for about 60-70 minutes or until rice is tender

Remove from heat, stir in vinegar and fresh herbs, remove bay leaf, and adjust seasoning with salt and pepper as needed.