

# INGREDIENTS

## SOUP

- 6 cups vegetable broth
- 1 T olive oil
- 3 carrots, chopped
- 3 celery stalks, chopped
- 1 1/2 cups chopped cabbage
- 2 zucchini, chopped
- 3 cloves garlic, chopped or smashed
- 1 medium white onion, chopped
- 1 1/2 cups wild rice (cooked or dry)
- 1 cup green lentils, rinsed
- 1/2 cup "Chicky Seasoning"

## CHICKY SEASONING

(Courtesy of [Healthy Vegan](#), [Happy Body](#))

In a bowl, combine

- 1 cup nutritional yeast
- 3 T onion powder
- 3 T seasoned salt
- 2 T dried parsley
- 2 t celery seed
- 2 t garlic powder
- 1 t each coconut sugar (or regular sugar), lemon pepper, dried dill, dried rosemary
- 1/2 t fresh ground pepper
- Store in a tightly sealed container

*\*\*if you don't have nutritional yeast, you can still use this mix in your soup and it will be delicious!*

# INSTRUCTIONS

1. In a large pot heat olive oil
2. Add garlic and onions, saute for 2 minutes
3. Add "chicky seasoning", stir well
4. Add the rest of the vegetables, lentils, and broth
5. If you are using dry rice, add to pot
6. Bring to a boil, reduce to simmer for 45 minutes or until rice, lentils and vegetables are cooked - add additional water or broth if needed
7. If using cooked rice, add that to pot
8. Simmer for another 15 minutes
9. Serve with warm bread if desired



## Wild Rice and Lentil Soup



8 servings



60 minutes

Let's give props to simple food. A bowl of warm soup on a cold day is almost perfection!

What I love about this recipe is that it's so versatile and you can use what you have in your pantry and fridge.

- Try adding mushrooms or chopped tomatoes.
- Use Farro or brown rice instead of wild rice.
- Garbanzo beans or white beans can be subbed for the lentils.

## NOTES

To increase your veggie intake, add fresh spinach just before serving.