

# wild rice and mushroom soup vegan

**wild rice and mushroom soup vegan** is a hearty and flavorful dish that combines the nutty texture of wild rice with the rich, earthy taste of mushrooms, all prepared without any animal products. This soup has gained popularity among plant-based eaters and health enthusiasts due to its wholesome ingredients, satisfying flavor profile, and substantial nutritional benefits. Whether served as a comforting meal on a cold day or as an elegant starter for dinner, this vegan soup offers a delicious alternative to traditional creamy mushroom soups that often contain dairy. In this article, the focus will be on the ingredients that make this soup both nutritious and vegan-friendly, detailed preparation methods, variations to suit different tastes, and tips for maximizing flavor and texture. The aim is to provide a comprehensive guide for anyone looking to enjoy or create wild rice and mushroom soup vegan style. Below is a clear outline of the topics covered in this article.

- Ingredients for Wild Rice and Mushroom Soup Vegan
- Health Benefits of Wild Rice and Mushroom Soup Vegan
- Step-by-Step Preparation Guide
- Variations and Flavor Enhancements
- Serving Suggestions and Storage Tips

## Ingredients for Wild Rice and Mushroom Soup Vegan

Choosing the right ingredients is fundamental to achieving the perfect wild rice and mushroom soup vegan version. Each component contributes to the soup's overall taste, texture, and nutritional value. The primary ingredients include wild rice, mushrooms, vegetables, herbs, and plant-based liquids that replace traditional dairy or meat-based broths.

### Wild Rice

Wild rice is technically a seed rather than a true rice grain, known for its chewy texture and nutty flavor. It provides a substantial base for the soup and is rich in fiber, protein, and essential minerals like magnesium and zinc. Properly rinsing and soaking wild rice before cooking can reduce its cooking time and improve digestibility.

## **Mushrooms**

A variety of mushrooms can be used to impart different flavor notes to the soup. Common choices include cremini, shiitake, portobello, and button mushrooms. Mushrooms add an umami depth that complements the mild nuttiness of wild rice. For enhanced texture, mushrooms should be sliced uniformly and sautéed until golden brown to release their natural flavors.

## **Vegetables and Aromatics**

Onions, garlic, celery, and carrots form the aromatic foundation of the soup, contributing both sweetness and complexity. These vegetables are typically sautéed in oil to develop a rich flavor base. Fresh herbs such as thyme, rosemary, and bay leaves are often added to infuse the soup with fragrant earthiness.

## **Plant-Based Liquids**

To maintain the vegan integrity of the soup, vegetable broth or stock is used as the cooking liquid. For creaminess without dairy, coconut milk, cashew cream, or oat milk can be incorporated. These alternatives provide a silky texture while enhancing the soup's richness.

## **Seasonings and Enhancers**

Salt and freshly ground black pepper are essential for seasoning. Nutritional yeast can be added for a subtle cheesy flavor and additional nutrients. A splash of soy sauce or tamari can further deepen the umami profile of the soup.

## **Health Benefits of Wild Rice and Mushroom Soup Vegan**

Wild rice and mushroom soup vegan is not only delicious but also packed with numerous health benefits. The combination of whole grains, vegetables, and plant-based ingredients makes it a nutrient-dense option suitable for various dietary needs.

## **Rich in Antioxidants and Fiber**

Wild rice contains antioxidants that help protect cells from oxidative stress, while its high

fiber content supports healthy digestion and can aid in weight management by promoting fullness. Mushrooms are also rich in antioxidants like selenium, contributing to immune support and overall cellular health.

## **Plant-Based Protein Source**

Both wild rice and mushrooms provide plant-based proteins, making the soup a valuable meal for vegans and vegetarians seeking adequate protein intake. This protein is essential for muscle repair, enzyme production, and overall bodily function.

## **Low in Fat and Cholesterol-Free**

The vegan nature of this soup ensures it is low in saturated fat and free from cholesterol, supporting cardiovascular health. Using plant-based milk alternatives instead of dairy reduces the risk of inflammation and heart disease.

## **Supports Immune Health**

Mushrooms contain beta-glucans, compounds known for their immune-modulating properties. Additionally, the vitamins and minerals in the vegetables and herbs contribute to a well-rounded immune-supportive meal.

## **Step-by-Step Preparation Guide**

Preparing wild rice and mushroom soup vegan involves several key steps to develop flavors and achieve the desired texture. Attention to detail during each phase will result in a rich, comforting soup.

### **Preparation of Ingredients**

Begin by rinsing the wild rice thoroughly under cold water to remove any debris. Soaking the rice for at least 30 minutes can shorten cooking time and improve texture. Clean and slice the mushrooms evenly. Chop onions, garlic, celery, and carrots into small, uniform pieces for even cooking.

### **Sautéing Aromatics and Mushrooms**

Heat a tablespoon of olive oil or vegan butter in a large pot over medium heat. Add the chopped onions, celery, and carrots, and sauté until softened, approximately 5–7 minutes. Add garlic and cook for an additional minute until fragrant. Introduce the sliced mushrooms and cook until they release their moisture and become golden brown, about 8–10 minutes.

## **Cooking the Wild Rice**

Drain the soaked wild rice and add it to the pot, stirring to combine with the sautéed vegetables and mushrooms. Pour in vegetable broth, ensuring the rice is fully submerged. Add herbs such as thyme and bay leaves. Bring the mixture to a boil, then reduce heat to a simmer. Cover and cook for approximately 45–60 minutes, or until the wild rice is tender but still chewy.

## **Adding Creaminess and Seasoning**

Once the rice is cooked, stir in the plant-based milk or cream alternative to achieve a creamy consistency. Season with salt, pepper, and nutritional yeast if desired. Allow the soup to simmer uncovered for an additional 5–10 minutes to meld flavors and thicken slightly.

## **Final Touches**

Remove herb stems and bay leaves before serving. Adjust seasoning to taste. For a smoother texture, an immersion blender can be used to partially blend the soup, leaving some chunks for texture variation.

## **Variations and Flavor Enhancements**

Wild rice and mushroom soup vegan can be customized to suit different flavor preferences and dietary needs. Several variations and additions can elevate the dish.

## **Adding Different Mushroom Varieties**

Experiment with shiitake, maitake, or oyster mushrooms for unique textures and flavors. Each mushroom type adds distinct umami and complexity to the soup.

## **Incorporating Additional Vegetables**

Vegetables such as kale, spinach, or peas can be added for extra nutrients and color. Root vegetables like parsnips or sweet potatoes complement the earthy flavors and add sweetness.

## **Using Alternative Creamy Bases**

Aside from coconut milk and cashew cream, silken tofu blended into the soup can provide creaminess and boost protein content without altering flavor significantly.

## **Enhancing with Herbs and Spices**

Fresh parsley, dill, or chives sprinkled on top before serving enhance freshness. Spices such as smoked paprika, nutmeg, or white pepper introduce warmth and depth.

- Use dried porcini mushrooms soaked in hot water for intense flavor.
- Add a splash of white wine to deglaze the pan after sautéing mushrooms.
- Include a touch of miso paste for additional umami and probiotics.

## **Serving Suggestions and Storage Tips**

Proper serving and storage methods help maintain the quality and safety of wild rice and mushroom soup vegan. These practices also enhance the dining experience.

### **Serving Ideas**

The soup can be served as a main course or appetizer. Garnishing with fresh herbs or a drizzle of truffle oil can create an elegant presentation. Pairing the soup with crusty bread or a side salad complements the meal well.

### **Storage and Reheating**

Store leftovers in an airtight container in the refrigerator for up to 4 days. When reheating,

add a splash of vegetable broth or plant-based milk to restore creaminess and prevent the soup from becoming too thick. The soup can also be frozen for up to 3 months; thaw overnight in the refrigerator before reheating.

## **Make-Ahead Tips**

The soup can be prepared in advance and refrigerated or frozen, making it convenient for meal planning. Cooking the wild rice separately and adding it just before serving helps maintain optimal texture.

## **Frequently Asked Questions**

### **What are the main ingredients in a vegan wild rice and mushroom soup?**

The main ingredients typically include wild rice, a variety of mushrooms (such as cremini or shiitake), vegetable broth, onions, garlic, carrots, celery, and plant-based milk or cream for a creamy texture.

### **How can I make wild rice and mushroom soup vegan without losing creaminess?**

Use plant-based milk or cream alternatives like coconut milk, cashew cream, or oat milk. Blending some cooked potatoes or cauliflower into the soup can also add a creamy texture without dairy.

### **Is wild rice and mushroom soup healthy for a vegan diet?**

Yes, it is a nutritious option as wild rice is high in fiber and antioxidants, mushrooms provide vitamins and minerals, and the soup is generally low in fat and free from animal products, making it suitable for a balanced vegan diet.

### **Can I prepare wild rice and mushroom soup gluten-free and vegan?**

Absolutely. Wild rice is naturally gluten-free, and by using gluten-free vegetable broth and avoiding any wheat-based thickeners, the soup can be both vegan and gluten-free.

### **What spices and herbs complement vegan wild rice and mushroom soup?**

Thyme, rosemary, sage, bay leaves, garlic, black pepper, and a touch of smoked paprika or

nutritional yeast work well to enhance the earthy flavors in the soup.

## **How long does it take to cook wild rice and mushroom soup vegan style?**

Cooking wild rice typically takes around 40-50 minutes. Including prep and simmering time for the soup, expect about 1 to 1.5 hours total to achieve tender rice and well-developed flavors.

## **Can I freeze vegan wild rice and mushroom soup for later?**

Yes, this soup freezes well. Allow it to cool completely, then store it in airtight containers or freezer bags for up to 3 months. Reheat gently on the stove, adding extra plant milk if needed to restore creaminess.

## **Additional Resources**

### *1. The Ultimate Vegan Wild Rice & Mushroom Soup Cookbook*

This cookbook offers a diverse collection of delicious vegan recipes centered around wild rice and mushroom soup. It includes hearty, comforting dishes perfect for all seasons. With easy-to-follow instructions, it's ideal for both beginners and experienced cooks looking to explore plant-based meals.

### *2. Wild Rice & Mushroom Soups: A Vegan Journey*

Explore the rich flavors and textures of wild rice and mushrooms in this vegan-focused recipe collection. The book emphasizes wholesome ingredients and creative combinations that bring out the best in each dish. Nutritional tips and cooking techniques are also provided to enhance your culinary skills.

### *3. Vegan Comfort: Wild Rice and Mushroom Soup Recipes*

Designed to warm the soul, this book features a variety of vegan comfort food recipes highlighting wild rice and mushrooms. It showcases soups that are both nutritious and flavorful, perfect for cozy meals. Readers will find tips on sourcing ingredients and adapting recipes to their taste.

### *4. Plant-Based Wild Rice & Mushroom Soups for Every Season*

This seasonal cookbook provides vegan soup recipes using wild rice and mushrooms, tailored to the ingredients available throughout the year. Each chapter focuses on fresh, seasonal produce that complements the main components. It encourages sustainable cooking and mindful eating habits.

### *5. The Vegan Wild Rice & Mushroom Soup Kitchen*

A comprehensive guide to preparing wild rice and mushroom soups without animal products, this book offers a variety of traditional and innovative recipes. It also includes information on the health benefits of wild rice and mushrooms. Perfect for those seeking to expand their vegan cooking repertoire.

#### 6. *Simply Vegan: Wild Rice and Mushroom Soup Delights*

This book is perfect for those who want quick and simple vegan recipes featuring wild rice and mushrooms. With minimal ingredients and straightforward steps, it's great for busy individuals. The recipes are wholesome, flavorful, and designed to satisfy cravings without complicated prep.

#### 7. *Hearty Vegan Soups: Wild Rice & Mushroom Edition*

Featuring a collection of hearty, filling vegan soups, this book highlights the best ways to combine wild rice and mushrooms. It offers creative twists on classic recipes and new flavor profiles to delight the palate. Nutritional insights and cooking tips are included to support healthy eating.

#### 8. *Wild Rice and Mushroom Soup: Vegan Recipes for Wellness*

This wellness-focused cookbook explores the medicinal and nutritional qualities of wild rice and mushrooms in vegan soups. Recipes are crafted to boost immunity and promote overall health. The author also shares advice on meal planning and ingredient substitutions for dietary needs.

#### 9. *The Art of Vegan Wild Rice & Mushroom Soups*

Delve into the artistry of creating vegan soups that celebrate the textures and flavors of wild rice and mushrooms. This book combines culinary techniques with creative presentation ideas to elevate simple soups into gourmet experiences. It's a perfect resource for food lovers and aspiring vegan chefs alike.

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**wild rice and mushroom soup vegan: The Art of Cooking with Cannabis** Tracey Medeiros, 2021-05-25 More than a cookbook, *The Art of Cooking with Cannabis* is a valuable resource for new inspiration and excitement surrounding cannabis food, and responsible consumption, Tracey Medeiros introduces the reader to dozens of organic farmers, award-winning chefs, artisans, and food producers who are leading the green revolution by doing their part to demystify cannabis and its culinary use.--Back cover

**wild rice and mushroom soup vegan: Easy Soup And Stew Cookbook** , Dive into a world of culinary comfort with our *Easy Soup and Stew Cookbook*, where the art of crafting hearty, soul-warming bowls meets the joy of stress-free cooking. This cookbook is a celebration of simplicity, designed for both novice cooks looking to explore the world of soups and stews and seasoned chefs seeking easy yet delectable recipes. Inside these pages, you'll discover a collection of carefully curated recipes that transform everyday ingredients into extraordinary, flavorful meals. From Tomato Basil Soup to exotic Thai-inspired stews, each recipe is thoughtfully crafted to ensure a delicious outcome without sacrificing the convenience of preparation. Featuring a diverse array of recipes suited for every season, the *Easy Soup and Stew Cookbook* is your go-to guide for quick and wholesome meals that will leave you and your loved ones satisfied. Discover the joy of one-pot



wonders, where minimal effort yields maximum flavor, making your time in the kitchen a delightful experience. Whether you're a busy professional, a parent on the go, or someone simply looking for a warm and satisfying meal, the Easy Soup and Stew Cookbook is your companion in the kitchen, offering delicious solutions for every craving and culinary occasion. Embrace the simplicity of soup-making and savor the comforting aromas that will fill your home with each delightful creation. Get ready to embark on a culinary journey that celebrates the joy of easy and delicious soups and stews.

**wild rice and mushroom soup vegan: The Ultimate Mediterranean Diet Cooking for One Cookbook** Kelly Jagers, 2023-06-13 175 easy and healthy Mediterranean Diet recipes for anyone cooking for one and craving a satisfying, delicious meal. Although the Mediterranean Diet has a host of health benefits, making the switch can feel daunting...especially if you only need to make one serving per meal. The good news is that it's possible to prepare single-serving recipes that are full of flavor, easy to make, and economical—and The Ultimate Mediterranean Diet Cooking for One Cookbook is here to help. This book allows you to make delicious, diet-friendly recipes for every meal from breakfast to dinner and everything in between. Each of the 175 single serving recipes is quick and simple to make to save you both time and money. And while the ingredients are common, the results are anything but. From single-serving, veggie-packed breakfast sandwiches to salmon with spinach and chickpeas, you'll be able to enjoy delicious versions of all your favorite dishes, no matter what the occasion. Whether you live alone or are just searching for the perfect meal for yourself, cooking solo never needs to be boring (or overwhelming) again!

**wild rice and mushroom soup vegan: Plant-Protein Recipes That You'll Love** Carina Wolff, 2017-12-05 Enjoy the goodness and deliciousness of 150+ healthy plant-protein recipes!

**wild rice and mushroom soup vegan: The Everything Green Mediterranean Cookbook** Peter Minaki, 2021-11-23 Take the Mediterranean diet to the next level of health with these 200 plant-based, whole food recipes to get you feeling your healthiest. The Mediterranean diet centers around fresh vegetables and fruits, whole grains, olive oil, seafood and lean meats, and nuts and has been the most popular diet for reducing harmful inflammation, avoiding diseases, and losing weight. Already one of the best diets on the planet, there is a way to increase the benefits—by simply removing most or all meat and animal products. With these 200 vibrant and healthy recipes, The Everything Green Mediterranean Cookbook will guide you as you move towards a healthier lifestyle—one delicious meal at a time.

**wild rice and mushroom soup vegan: Instant Pot Miracle Healthy Cookbook** Urvashi Pitre, 2020-11-28 Pitre shows that, with your Instant Pot, cooking a nutritious meal doesn't have to mean spending hours over a hot stove. Her whole-foods-centric approach means you won't find any pre-processed or highly refined ingredients in these recipes. The recipes are labeled with dietary considerations, and they have all been tested and re-tested, so they'll work every time. -- adapted from back cover

**wild rice and mushroom soup vegan: The Ikaria Way** Diane Kochilas, 2024-03-26 INSTANT NEW YORK TIMES BESTSELLER Diane Kochilas' new cookbook that brings the plant-based cuisine of Ikaria to your dinner table. Ikaria is an island in Greece where people live to a ripe old age, sometimes living well past 100. Diane Kochilas, host of the television series My Greek Table, is a daughter of Ikaria. The Ikaria Way is her latest cookbook and is filled with easy, contemporary recipes rooted in her background and steeped in the ancient Greek traditions of plant-based cuisine. As Diane says, Greeks are almost vegan, but they'd never call themselves that. The array of plant-based dishes in the Greek diet is unsurpassed anywhere else in the Mediterranean. Diane's pantry, and the one she suggests for readers, is culled from the traditions of the Mediterranean and is full of ingredients that have long given food its flavor: herbs, olive oil, nuts, and more. The recipes in The Ikaria Way are simple, almost entirely plant-based, prepared with real food and almost nothing processed, save for the occasional can of tomatoes. Readers will love meze like smoked eggplant with tahini and walnuts or baked chickpeas and pumpkin patties. There are wonderful salads combining strawberries and asparagus and robust mains like white bean stew with eggplant.

The Ikaria Way brings the healthy-eating recipes of an ancient island to readers everywhere. It is destined to take its place alongside Diane's other books on the shelves of all good home cooks who want healthy eating and robust, delicious flavors on the same plate.

**wild rice and mushroom soup vegan:** *The Kitchen Grimoire* Celeste Heldstab, 2005-10 These books are a sheer delight for everyone who loves to cook with herbs, and experience the flavors of the world. There is also plenty of help to provide a little magick in your life; and these books are a necessity for everyone who wants to learn how! Be prepared to experience something you will want to share with everyone as you travel through the pages of these lovely books. Sold separately or as a set, these are true keepsakes and something to be savored and enjoyed for generations to come! Many of the recipes are handed down through the family, some of them are newly created and all are truly unique in their composition. This is clearly one of the most complete set of cookbooks you will see. They are beautifully done, easy to use, and very comprehensive. It is also clearly the best of down-home cooking, world cuisine, and magick all wrapped up in one place available today. Each book is over 2 inches thick and in a beautiful 3 ring binder that lays flat on your kitchen counter!!

**wild rice and mushroom soup vegan:** *The Encyclopedia of Soups and Stews* The Coastal Kitchen, 2025-11-11 Unlock the hearty and comforting world of soups and stews with this encyclopedic cookbook. This cookbook offers an extensive collection of 300+ nourishing recipes for every season. Dive into a rich tapestry of flavors, from classic favorites like French onion soup and beef stew to exciting new twists with spicy ramen bowls and creamy chowders. Perfect for both culinary novices and experienced chefs, these recipes come with easy-to-follow instructions and expert tips to ensure success in every bowl. Inside you'll discover: Over 300 recipes for soups and stews that span the globe Gorgeous full-color photographs to inspire your culinary creations Techniques for elevating your soups and stews to new levels of deliciousness Whether you're preparing a cozy weeknight dinner or a celebratory feast, this book will be your go-to guide for crafting meals that bring people together. Embrace the warmth and satisfaction of creating soul-soothing dishes with every recipe.

**wild rice and mushroom soup vegan:** *Hollyhock* Moreka Jolar, Heidi Scheifley, 2013-04-09 Garden-inspired cooking celebrating thirty years of exquisite Hollyhock meals.

**wild rice and mushroom soup vegan:** *My Pinewood Kitchen, A Southern Culinary Cure* Mee McCormick, 2020-04-14 It's microbiome-friendly meals with a Southern spin in this follow-up cookbook to the life-enhancing *My Kitchen Cure* so you can heal your gut and fight a host of autoimmune diseases while enjoying 130+ delicious whole foods recipes with a farm house spin. Mee McCormick, real food cooking expert and author of *My Kitchen Cure*, brings a Southern twist to comfort food classics with more than 130 recipes that heal your gut, reduce inflammation, and reverse chronic autoimmune diseases. Best of all? Mee offers a completely customizable approach to adapt recipes for different dietary needs, whether you're gluten-free, Paleo, keto, or vegan. From breakfast bowls and immune-boosting smoothies to gut-friendly soups, salads, dinners, and desserts, this four-color cookbook will become your go-to kitchen resource, freeing you from bland-tasting healthy food and the nightly question: "What's for dinner?" Recipes include: Kentucky Caramel Chicken, Cranberry Hot Wings, Grain-Free Fried Chicken, Sizzlin' Short Ribs, Super Creamy Veggie Mac & Cheese, Roasted Red Pepper Soup with Polenta Fingers, Roasted Squash & Sweet Potato Soup, Summertime Zucchini Soup, Grilled Peach Salad with Basil Chicken & Peach Cider Honey Dressing, Black Rice Salad with Snap Peas and Ginger-Sesame Vinaigrette, Caramel Apple Pancakes, Raspberry Lemon Keto Muffins, Farm Fresh Eggs & Sausage Stuffed Bell Peppers, Berry Cobbler, Chocolate Brownies, Key Lime Tart, White Bean Cupcakes, and Chocolate Avocado Mousse with Coconut Milk. Mee first started cooking when Crohn's disease, rheumatoid arthritis, and Hashimoto's delivered debilitating daily pain. When conventional treatments couldn't help, Mee found relief in a surprising place: her kitchen. Through relentless recipe testing, she put her condition into remission and completely restored her health with gut-friendly whole foods, most of which she grew and harvested on her family's farm outside of Nashville, Tennessee. Once Mee was well, she opened a farm-to-table restaurant, sharing locally grown and seasonal foods with her

community—some of whom drive hours to get a taste of Pinewood's Grain-Free Fried Chicken. Pinewood Kitchen is unique in that every meal is created with the intention to serve everyone with the same deliciousness regardless of dietary restrictions. Whether you want to eat healthier or you have diabetes, lupus, celiac, Crohn's, multiple sclerosis, psoriasis, rheumatoid arthritis, or another autoimmune issue, you'll find a wealth of delicious, nutritious recipes. You'll also discover: · The importance of intestinal health and how to improve your own gut microbiome · Which foods are nutritional powerhouses and which you must avoid · How to eat real food every day without breaking the bank Mee is living proof that you can change your fate by what's on your plate—her recipes will help you prepare delicious food that brings you and your family together around the table.

**wild rice and mushroom soup vegan:** Homemade Soup Recipes Addie Gundry, 2018-03-13 Cooking gets cozy with stovetop and slow cooker soups, stews, chilis, and chowders for the whole family to enjoy, in Cutthroat Kitchen star Addie Gundry's collection of homemade soup recipes. In Addie's home, the delightful sound of a simmering pot on the stovetop signals that a hearty soup or stew is on its way. When it comes to creating a cozy atmosphere and showing off your cooking chops, there's nothing like an easy homemade soup recipe to bring family together. This cookbook has classics like Old-Fashioned Potato Soup and Beef Stew, as well as new culinary hits like Chicken Parmesan Soup and Pulled Pork Chili. Each recipe is paired with a gorgeous full-color, full-bleed finished dish photo.

**wild rice and mushroom soup vegan:** Soup Derek Bissonnette, 2024-05-14 Go way beyond the basics with this gorgeous chef's compendium of delicious, satisfying soups and stews! Snap out of your same old soup and stew recipe routine with hundreds of new and exciting takes on the classics—and some creative concoctions that will surely become family favorites. Inspired by both his home state of Maine and global cuisines, Chef Derek Bissonnette's Soup features: 300+ Easy-to-Follow Recipes that will guide you to remarkable results Mouth-Watering Photography and detailed illustrations that walk you through culinary tools and techniques Recipes for all Palates - it doesn't matter if you're an omnivore, gluten-free, vegetarian, or vegan Family-Friendly Recipes designed to be ready in 30 minutes or less 20+ Chilled and Dessert Soups A Comprehensive History of Soup Whether you are planning a casual family dinner, or a formal dinner for 20—this cookbook will help elevate your soups.

**wild rice and mushroom soup vegan:** Vegan's Daily Companion Colleen Patrick-Goudreau, 2011-03-01 Live a joyful, compassionate life, every day of the year with Colleen Patrick-Goudreau's guide, Vegan's Daily Companion! Mondays: For the Love of Food - A celebration of familiar and not-so-familiar foods to spark enthusiasm for eating healthfully. Tuesdays: Effective Communication - Techniques and tactics for speaking on behalf of veganism effectively and compassionately. Wednesdays: Optimum Health for Body, Mind, and Spirit - Care and maintenance for becoming and remaining a joyful vegan. Thursdays: Animals in the Arts: Literature, Film, Painting - Inspiration across the ages that reflects our consciousness of and relationship to non-human animals. Fridays: Stories of Hope, Rescue, and Transformation - Heartening stories of people who have become awakened and animals have found sanctuary. Saturdays + Sundays: Healthful Recipes - Favorite recipes to use as activism and nourishment.

**wild rice and mushroom soup vegan:** Oh She Glows for Dinner Angela Liddon, 2020-10-13 Angela Liddon, author of the New York Times bestselling Oh She Glows cookbooks, returns to offer readers nourishing plant-based dinners bursting with layers of flavor. For more than a decade, Angela Liddon has been one of the biggest names in the healthy cooking blogosphere. Famous for her flavorful, creative, and whole foods approach to plant-based cooking, Angela's recipes are beloved by all, whether you are vegan, plant-based curious, or simply looking to add more energizing ingredients to your meals without sacrificing an ounce of satisfaction. Now, in her third, much-anticipated cookbook, Oh She Glows for Dinner, Angela gives readers her foolproof recipes, tips, and tricks for creating super tasty, always nourishing dinners that will have the whole family glowing from the inside out. In Oh She Glows for Dinner, Angela shares her Glow Getters meal prep plans, helpful make-ahead tips, and favorite seasonal and holiday menus, as well as one-pot and

on-the-glow meals that will help streamline your busy week. Storage and reheating instructions remove time-consuming guesswork, and a handy new label index helps you look up dishes based on allergies or food preferences such as gluten-free, freezer-friendly, one pot, nut-free, and more. Angela's thorough, easy-to-follow recipes help you feel like she's cooking with you in your kitchen. With irresistible, light meals like Kitchen Sink Sheet Pan Buddha Bowl and Mediterranean Smashed Chickpea Salad with Tzatziki Aioli and cozy, hearty meals like Portobello Boats with Rosemary-Lentil Crumble and Italian One Pot Buttery Tomato, White Beans, and Farro, dinner can be chock full of flavor and nutritious at the same time. And don't forget dessert: treats like O Canada! Spiced Maple Cream Torte with Warm Apple Pie Compote and Brain Child Cherry-Lemon Coconut Cream Pops make mealtimes (and snack times) a little extra sweet while utilizing ingredients you can feel good about. With its inspiring, yet practical approach, Angela's latest collection of feel good recipes will become a dog-eared staple in your kitchen for years to come!

**wild rice and mushroom soup vegan:** The Rodale Whole Foods Cookbook Dara Demoelt, 2009-12-08 Farmer's markets, groceries, and natural foods stores today offer a wealth of wholesome ingredients that even a decade ago were considered unfamiliar and exotic. From quinoa to spelt flour to agave nectar and shiitake mushrooms, natural whole foods like these have come into their own as the cornerstone of a healthy, varied diet. Packed with information for purchasing, storing, and serving the full spectrum of whole foods, The Rodale Whole Foods Cookbook by Dara Demoelt is a comprehensive kitchen resource for contemporary cooks. Based on the classic work, this exhaustively revised edition contains nearly 1,400 recipes—more than one-third of them brand new—and updated guidelines for making the most of fresh meats, produce, and pantry essentials, soup to nuts. Here's all you need to know to make spectacular soups, stews, salads, baked goods, and more, using whole foods. You'll find dozens of casseroles (many of which can be made ahead and frozen for no-fuss weeknight meals), quick-and-easy sautés, plenty of meatless main courses, and crowd-pleasing favorites for casual get togethers. Best of all, these recipes are naturally healthful, showcasing the versatility of wholesome whole grains, natural sweeteners, seasonal fruits and vegetables, and other fresh, unprocessed foods in all their delicious variety. Also included are valuable primers on such essential kitchen topics as making stock; putting up jams and preserves; baking yeast breads; choosing cookware; sprouting seeds; making yogurt; and canning vegetables with helpful charts and glossaries on herbs and spices, cheeses, sea vegetables, seasonal produce, roasting meat and fowl, freezing foods safely, and more. A trusted, timeless classic thoroughly updated for the way we cook today, The Rodale Whole Foods Cookbook is sure to become an indispensable resource for health-conscious cooks.

**wild rice and mushroom soup vegan:** *The Tippy Vegan* John Schlimm, 2011-11-22 Schlimm, the author of *The Ultimate Beer Lover's Cookbook*, delivers a collection of delicious vegan recipes with an adult beverage twist.

**wild rice and mushroom soup vegan: Real Superfoods** Ocean Robbins, Nichole Dandrea-Russert, RDN, 2023-10-31 Complete with over 65 recipes and full-color photos, a deep dive into the affordable and easily findable superfoods that can do the most good for the most people, from the co-founder of Food Revolution Network and author of *31-Day Food Revolution*. When most people think of superfoods, they picture exotic and pricey products with magical healing abilities. But how super is a food that only a few can afford? Real superfoods are the ones that do the most good for the most people. They're loaded with nutrients, affordable, easy to find, and simple to prepare. When you know how to use them, they can taste amazing, and make you feel great. Ocean Robbins, co-founder and CEO of Food Revolution Network, and Nichole Dandrea-Russert, MS, RDN, show that the greatest superfoods on earth have been right under our noses all along. After reading *Real Superfoods*, you'll love leafy greens, mushrooms, legumes, berries, alliums, spices, sweet potatoes, nuts, seeds, coffee, and tea in a whole new way. Brimming with powerful disease-fighting nutrients, these superfoods can transform your health and bring new joy to your everyday cooking. For each type of superfood, complete with full-color pictures, you'll discover: their health-promoting super powers accessible ingredients, including some of our most common supermarket groceries

weekday-friendly cooking techniques mouthwatering, easy-to-make recipes for every part of your day Embrace a lifetime of health and vitality with these super healthy and super delicious plant-based recipes!

**wild rice and mushroom soup vegan: But My Family Would Never Eat Vegan!** Kristy Turner, 2016-11-10 "Proves that going plant-based doesn't have to mean going without—armed with a positive attitude, playful wit, and an array of mouthwatering recipes!" —Angela Liddon, New York Times-bestselling author of *The Oh She Glows Cookbook* With her first cookbook, *But I Could Never Go Vegan!*, Kristy Turner deliciously refuted every common excuse to prove that, yes, anyone can go vegan. Now, *But My Family Would Never Eat Vegan!* serves up 125 all-new, scrumptious, satisfying recipes—organized around 20 too-familiar objections to eating vegan as a family: Don't have time to cook elaborate family dinners? Whip up an easy weeknight solution: Quick Cauliflower Curry, BBQ Chickpea Salad, or Cheesy Quinoa & Veggies. Worried about satisfying the "meat and potatoes" eaters? Wow them with Lazy Vegan Chile Relleno Casserole, Jackfruit Carnitas Burrito Bowl, or Ultimate Twice-Baked Potatoes. Hosting a special event? Try Pizzadillas for game day, Champagne Cupcakes for bridal showers, Maple-Miso Tempeh Cutlets for Thanksgiving, or Herbed Tofu Burgers for your next potluck. Easy-to-follow, bursting-with-flavor recipes—free of all animal products!—make it easier than ever to please vegans and non-vegans at gatherings. Even your most skeptical relatives will be begging for more! "Turner dreamed up lighter, vegan alternatives to her family's favorite dishes. . . . Get ready to warm up from the inside out." —InStyle "With a great sense of humor and a riposte for every possible excuse, Turner's book may have even the most reluctant family considering going vegan." —Publishers Weekly "Turner does a great job of keeping the reader's mouth-watering. Her writing is cheery and informal . . . this is a book to enjoy." —Booklist "Dishes that will make even your non-vegan family members beg for second helpings." —The Nest

**wild rice and mushroom soup vegan: Paleo Power Bowls** Julia Mueller, 2019-01-15 Eat your way to health with a packed, wholesome, customizable paleo bowl. Quick, healthful, and comfortingly delicious, the bowl food trend is the busy person's answer to jump-starting the ultimate paleo lifestyle! Build your own bowl with unprocessed, anti-inflammatory whole foods and nourish your body with one hundred gluten-free, dairy-free, and refined-sugar-free bowl recipes for a hearty breakfast, lunch, and dinner. A tremendous holistic resource, *Paleo Power Bowls*, filled with more than 100 gorgeous photos, is not only an essential guide to the paleo diet. It also promotes the concept of food as medicine and personalized nutrition—customizing what foods work for you based on your personal nutritional needs and gut biome. Mueller shows how to build a well-balanced bowl tailored to specific diets and restrictions, whether it is AIP, low-FODMAP, Whole30, vegetarian, or vegan. If you suffer from autoimmune disease or allergies, the book includes instructions for a thirty-day elimination diet. *Paleo Power Bowls* also features one-pot, slow cooker, and thirty-minute meals—including sides, condiments, and desserts—that can be assembled any night of the week. Learn to prepare: Spaghetti Squash with Broccoli & Pumpkin Seed Pesto Fluffy Poppy Seed Pancakes with Caramelized Figs All-the-Good-Veggies Detox Salad with Lemon-Parsley Dressing Chicken Tikka Masala with Cauliflower Rice Quick-and-Easy Turkey Meatballs with Zoodles Pumpkin Spice Chia Seed Pudding And more!

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