

Chickpea & Wild Rice Soup



Ingredients

1 can chickpeas, drain & rinsed
4 carrots - chopped bite sized
4 celery stalk - chopped bite sized
1 onion - chopped bite sized
1/4 cup frozen peas
6 cups veggie stock (or 4 cups
veggie stock + 2 cups water)

1 Tbsp minced garlic
4 cups veggie broth
1 cup Wild Rice
1 Tbsp Italian seasoning
1 Tbsp favorite no-salt seasoning blend. I
love the Korr - Zero Salt Garlic Bouillon
Powder

Cashew Cream: 1/2 cup cashews blended with 1/2 cup water (optional)

Directions

1. In a large soup pot, sauté the onion, celery, and carrots over medium high heat, adding water or veggie broth as needed to keep from sticking. Throw in the garlic and sauté for another minute.
2. Next, add the seasonings along with a bit more veggie stock as needed and continue to sauté for another minute.
3. Then add the uncooked wild rice, veggie stock (and water) and bring back to a boil. Reduce the heat and simmer for about 40 minutes or until the wild rice is cooked to your liking. Remove from heat and stir in the **optional** cashew cream. Enjoy!

Adapted from: Veggies Save The Day and Well Your World