



In your box

- 6 oz. Cremini Mushrooms
- 1 Yellow Onion
- 2 Garlic Cloves
- 2 Celery Stalks
- ¼ oz. Parsley
- ½ cup Seasoned Wild Rice Blend
- 4 fl. oz. Light Cream
- 2 oz. Sour Cream
- 1 French Roll
- 1 oz. Grated Parmesan Cheese

CONTAINS milk, wheat, soy



Creamy Wild Rice & Mushroom Soup

with Parmesan bread

NUTRITION per serving—Calories: 665, Carbohydrates: 85g, Fat: 29g, Protein: 17g, Sodium: 1669mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
7 days

Difficulty Level ● □ □
Easy

Spice Level □ □ □
Not Spicy

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Medium Pot

Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

Prepare the Ingredients

- Cut **mushrooms** into ¼” slices.
- Halve and peel **onion**. Cut halves into ¼” dice.
- Mince **garlic**.
- Trim ends off **celery** and cut into ¼” slices.
- Stem and mince **parsley**.



2

Start the Soup

- Place a medium pot over medium-high heat. Add 2 tsp. **olive oil**, **mushrooms**, **onion**, **garlic**, ½ tsp. **salt**, and a pinch of **pepper** to hot pot.
- Stir occasionally until vegetables soften, 4-6 minutes.



3

Finish the Soup

- Stir in **celery**, **wild rice**, and 1¾ cups **water**. Raise heat to high and bring to a boil. Cover, reduce to a simmer, and cook until rice is tender, 20 minutes.
- Uncover, add **cream**, and cook 3 minutes.
- Remove from burner and stir in **sour cream**.
- While soup simmers, make bread



4

Make the Parmesan Bread

- Halve **French roll**, if necessary. Place halves on prepared baking sheet, cut side up. Spread on 1 tsp. **olive oil** and sprinkle with **Parmesan**.
- Bake in hot oven until golden brown, 7-8 minutes.



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing with **parsley** and halving **Parmesan bread** on an angle if desired. Bon appétit!