**COZY AUTUMN WILD RICE SOUP** – Serves 16

olive oil

12 cups vegetable stock

2 cups uncooked wild rice (can substitute or mix in white or brown rice)

16 ounces baby bella mushrooms, sliced

8 cloves garlic, minced

4 medium carrots, diced

4 ribs celery, diced

2 large *(about 2 pounds)* sweet potatoes, peeled and diced

2 small white onion, peeled and diced

2 bay leaves

3 tablespoon Old Bay seasoning

2 (13.5 oz) cans unsweetened coconut milk (alternate: 3 Cups half and half)

4 large handfuls of kale, roughly chopped with thick stems removed

fine sea salt and freshly-cracked black pepper

Sauté onions in olive oil in a large stockpot over medium-high heat until translucent.  Stir in the garlic and cook for an additional 1-2 minutes, stirring occasionally, until fragrant.

Add vegetable stock, rice, mushrooms, carrots, celery, sweet potato, bay leaf, and Old Bay.  Stir.

Bring to boil then simmer on medium-low, 30 to 40 minutes until rice is tender, stirring occasionally.

Add coconut milk and kale, and stir gently until combined. Season with salt and pepper (plus extra Old Bay seasoning, if you like) to taste.