



≡ MENU

VEGETABLE RICE SOUP

January 15, 2017



The cold temperatures of January have had me craving a big bowl of soup. My mom came to visit yesterday and offered to pick up lunch from Panera, but not one of their soups is Daniel Fast approved. So, today I decided to make my own.

The secret to this recipe is selecting a high quality vegetable *stock*; broth won't cut it. I always use Kitchen Basics brand, which includes carrot, mushroom, tomato, onion, celery and red bell pepper, plus some herbs and spices. You can tell by the deep, rich

color that it's full of flavor. Add some rice and *mirepoix* (that's a fancy word for a mixture of chopped carrot, celery and onion), and soup's on!

Vegetable Rice Soup

Adapted from *The Cottage Mama*

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Ingredients

- 1 tablespoon olive oil
- 2 carrots, chopped
- 2 stalks celery, chopped
- 1/2 medium onion, chopped
- 1 clove garlic, minced
- 1 carton (32 oz) vegetable stock (I use Kitchen Basics brand)
- 2 cups brown rice, cooked
- Salt and pepper, to taste

Instructions

1. Heat olive oil in a heavy soup pot over medium heat. Sauté carrots, celery and onion until tender.
2. Season lightly with salt and pepper, add minced garlic and cook 1 minute more.
3. Pour in stock and bring to a simmer. Cover pot and cook 10 minutes.
4. Add rice and cook for an additional 5 minutes. Season with salt and pepper as needed.

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