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Cream of Wild Rice Soup

- 1 1/2 Cups diced yellow onion
- 1 Cup diced carrot
- 1 Cup diced celery
- 2 Cloves garlic, minced
- 1/2 Tbsp canola oil
- 1 1/2 Cups diced kale
- 1 Tbsp minced parsley
- 2 Cups reduced-sodium vegetable stock
- 1 Tsp fennel seeds
- 1 Tsp black pepper
- 1 Cup unsalted white beans, prepared
- 2 Cups 1 percent milk
- 1/2 Cup wild rice, cooked

Sauté onion, carrot, celery and garlic in canola oil in a soup pot until lightly brown. Add kale, parsley, stock and spices.

In blender, puree beans with milk. Add bean mixture to soup, bring to simmer and add rice. Cook for 30 minutes. Serve in warmed bowls.

Makes 4 Servings