

# Creamy Vegetable and Rice Soup

Servings: 12

## Ingredients

4 pounds peeled, chopped vegetables (you can use any combination you like, but my favorite is 1 lb. each of carrots, celery, broccoli, and kale)  
1 large yellow onion, chopped  
5 garlic cloves, minced  
2 tablespoons each butter and extra virgin olive oil  
1 teaspoon each of ground fennel and thyme  
½ teaspoon of ground sage  
8 cups of vegetable broth  
3 cups cooked rice (recommend wild rice)  
1 cup heavy cream  
Salt and pepper to taste  
Optional - 1 - 2 tablespoons flour to help with thickening)

## Directions

1. Prepare all vegetables.
2. Warm butter and oil in large pot (at least 6 quarts).
3. Add onions and saute on medium heat until translucent (usually 5 minutes).
4. Add garlic and saute until fragrant (usually 1 - 2 minutes).
5. Add fennel, thyme, and sage.
6. Add vegetables one at a time, starting with the most dense vegetables (carrots, broccoli, etc.), and cook each for about 1 - 2 minutes before adding in the next vegetable. If you are using kale as one of your vegetables, hold that one back until step 10.
7. Once all vegetables are in the pot cover and cook on medium/low for about 5 minutes.
8. If using, stir in flour and let cook for 1 - 2 minutes to cook out raw flour taste.
9. Add vegetable broth, bring to simmer, cover, and cook for 10 - 15 minutes.
10. Once vegetables have softened, add rice (and kale if using), cover and simmer for 5 - 10 minutes. If you are freezing soup do that after this stage.
11. Remove from heat and slowly stir in heavy cream.
12. Salt and pepper to taste and serve.