

# Wild Rice and Wild Mushroom Soup

Yield: 6 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-wild-mushroom-rice-hot-pot-recipe>

## Ingredients:

- 1/2 cup wild rice
- 3 cups boiling water
- 1/2 teaspoon salt plus more, to taste
- chanterelles
- 1/2 ounce wild mushrooms
- 2 tablespoons unsalted butter
- 1 yellow onion finely chopped
- 1 celery stalk, finely chopped
- 1/2 cup dry white wine
- 3/4 pound button mushrooms fresh, brushed clean &nbsp; and sliced
- 3 cups chicken stock
- 1/2 cup heavy cream
- freshly ground pepper to taste
- 1 tablespoon fresh flat leaf parsley chopped

## Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 45 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 8 grams
8. Sodium: 400 milligrams
9. Sugar: 5 grams

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