

Wild Gratitude in a Jar

A blend of wild rice, brown rice, lentils and spices to create your own delicious soups and other dishes.

Wild Gratitude

4 cups low sodium vegetable stock
1 T. low sodium tamari or soy sauce
1 T. olive oil
2 large shallots, chopped
2 large carrots, diced
2 celery stalks, sliced
Salt and pepper to taste
Toasted pine nuts for serving, optional

In a medium pot with a lid, heat the stock and the tamari or soy sauce on medium-high until boiling.

Pour in the rices, lentils and spice blend. Lower the temperature to a low boil, cover your pot, and set the timer for 45 minutes.

In a large sauté pan, heat the olive oil over medium-high heat for a minute or two. Add the shallots and carrots; sauté for five minutes. Add the celery and sauté for two more minutes.

When the wild rice blend is done, stir in the vegetables and season with salt and pepper to taste. Sprinkle with toasted pine nuts and enjoy!



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