

TOMATO WILD RICE SOUP

Ingredients:

- 1 medium onion, chopped finely or grated.
- 2-4 carrots, chopped.
- 2-4 stalks celery, chopped.
- 3 tbsp butter
- 2 tbsp olive oil
- 1 - 28oz can crushed tomatoes and either another small can or 2 - 4 diced fresh tomatoes.
- 2 cup vegetable or chicken stock
- 1/2 cup wild rice
- (1/2 cup pearl barley for thicker soup/stew)
- Spices: salt, pepper, and at least 2 tbsp fresh chopped basil

Instructions:

Brown vegetables in large pot with butter and olive oil. Add tomatoes. Add stock and wild rice. (add pearl barley) Bring to a boil.

Simmer gently, covered, until rice fluffs and opens (about 1 hour). Season. If the soup is too thick for you, add stock. Very good with french bread and mushrooms in cream.

Courtesy of jongleur@aol.com

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