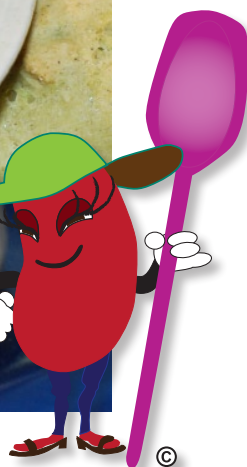


# Beans, Rice And Everything Nice

## Auntie Moosh's Mushroom Gravy Soup



original recipe by [beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)



### Ingredients

*makes 6–8 servings*

1 small yellow onion, diced  
2 cloves garlic, coarsely chopped  
2-4 stalks celery, sliced  
1 156 ml (5.5 ounce) can  
tomato paste  
2 cups water  
2 Tablespoons gluten-free tamari  
2 Tablespoons balsamic vinegar  
2 teaspoons dried poultry  
seasoning blend  
2 cups cooked or  
1 can white kidney beans,  
drained and rinsed  
454 grams or 1 pound  
mushrooms sliced  
4 cups of vegetable stock  
1/2 cup leftover cooked rice  
(I used white)  
225 grams (1/2 pound)  
kale leaves cut in thin ribbons  
or parsley to taste

1. Dry saute onions in a large soup pot over medium heat, adding a splash of water as needed. Add the garlic and celery and cook for 30 seconds. Add the tomato paste and mix well sautéing the tomato paste at the same time.
2. Mix in the 2 cups of water until there are no lumps. Add the balsamic vinegar, tamari, and poultry seasoning,
3. Add the mushrooms, white beans, and vegetable stock. Bring to a boil over medium-high heat, reduce heat and simmer for 10 minutes.
4. Put the 1/2 cup of leftover rice in a blender. Scoop out 2 cups of soup broth and add to the blender. Blend the rice until completely smooth. Stir the blended rice back into the soup.
5. Add the kale ribbons or parsley and heat over medium heat until the greens are cooked. Stir occasionally to prevent sticking.
6. Garnish with salt and freshly cracked black pepper, if desired. Serve with **Gluten-Free Baking Powder Biscuits**.