

**THIS
PKN™**

**Creamy
Wild Rice &
Mushroom
Stew**



Ingredients

Wild Rice

- 1 cup wild rice
- 6 cups water
- 2 tbsp plant-based butter
- Salt to taste
- 1 sprig fresh thyme
- 3 garlic cloves

Stew

- 3 lbs. mushrooms I used a mix of baby bella & shitake mushrooms
- 1 cup dried shitake mushrooms + 2 cups boiling water reserve the liquid for later
- 2 tbsp plant-based butter
- 2 tbsp olive oil
- 2/3 cup diced shallots
- 4 garlic cloves minced
- ¼ cup tomato paste

- Salt & black pepper to taste
- 3 sprigs of fresh thyme
- 3 tbsp all-purpose flour
- 6 cups vegetable broth
- 2-3 cups thinly chopped kale
- 1 2/3 cups **THIS PKN** Original Pecan Milk
- More **THIS PKN** pecan milk crushed red pepper, and fresh thyme for garnish *optional

Preparation

1. For the rice, in a sauce pot add your water and bring to a boil. Thoroughly wash you rice and add it to the boiling water with the rest of the rice ingredients. Stir gently, cover, and reduce the heat to low. Cook for 45 minutes, until the rice is slightly overcooked, and drain the excess water/remove the thyme & garlic cloves. Set aside.
2. For the stew, in a large pot over medium heat add your butter and olive oil along with your fresh sliced mushrooms. Cook for about 7-10 minutes, stirring only a few times until they're lightly golden.
3. While those cook, add your boiling water to your dried mushrooms and let steep for 10 minutes. Drain the mushrooms but reserve the liquid for later.
4. Once your mushrooms are lightly golden, add your shallots, garlic, tomato paste, salt & pepper to taste, fresh thyme, and your now rehydrated mushrooms.
5. Cook that down, stirring frequently, for 5 minutes then add your all-purpose flour and mix/cook for another minute.
6. Add your reserved mushroom steeping liquid along with your