



FITTER FORT COLLINS YOUR HEALTH MATTERS



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Arame and Rice Soup (Vegan / Gluten Free)

Serves 6-8

1 1/2 cups cooked basmati brown rice

1/4 cup Arame sea vegetable broken up (can use Hijike sea vegetables)

1/2 onion, diced

3 tsp. minced garlic

4 cups variety mushrooms (shitake, baby bella, button, cremini) **cut into 1/4 inch cubes**

1/2 cup dry white wine or No-Chick-n broth cube

1 1/2 tbsp. lemon juice

4 cups unsweetened almond milk or soy milk

4 tbsp. nutritional yeast

2 tbsp. Earth Balance, optional

1/2 tsp. red pepper flakes

3 tbsp. parsley, finely chopped

4 tbsp. pine nuts

Cook rice per package directions. Meanwhile soak Arame in one cup hot water. Heat soup pot over medium heat, add onion and garlic and cook 1 minute. Add mushrooms, wine or broth cube, and lemon juice, sauté about 7-10 minutes, adding up to 1/2 cup of water if needed to prevent sticking. Add nut milk, nutritional yeast, and earth balance (if using), red pepper flakes, Arame with soaking liquid. Cook 5-10 minutes, stirring occasionally. Stir in cooked rice, parsley and pine nuts. Heat through and serve.

