Autumn Wild Rice Soup

1 Tablespoon oil

6 cups chicken stock

1 cup uncooked wild rice

8 ounces baby bella mushrooms, sliced

4 cloves garlic, minced

2 medium carrots, diced

2 ribs celery, diced

2 small sweet potatoes, peeled and diced

1 small white onion, peeled and diced

1 bay leaf

1 1/2 tablespoon Old Bay seasoning

1 (14-ounce) can unsweetened coconut milk

2 large handfuls of kale, roughly chopped with thick stems removed

salt and black pepper

Heat oil in dutch oven.  Add onion and saute 5 minutes.

Stir in garlic and cook another minute.

Stir in chicken stock, rice, mushrooms, carrots, celery, sweet potato, bay leaf and Old Bay seasoning.

Reduce heat to low and simmer 30-40 minutes or until rice is tender.

Stir coconut milk and kale into soup.  Season with salt and pepper.