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# Wild Rice En Consomme

*Home Cookin - Junior League of Wichita Falls, TX - 197*

**1 cup wild rice, raw**

**1/2 cup butter**

**1/4 cup finely chopped onion**

**1 can (4 ounce) mushrooms, drained and chopped**

**1 can (10 ounce) consomme**

**1 cup water**

Wash the wild rice under cold running water and let soak overnight or for several hours. Drain.

In a saucepan, melt the butter and then saute' the onions and mushrooms. Add the rice, consomme and water. Cover the pan and simmer over low flame for one hour or until the rice is light and fluffy.

When done, allow to remain covered for about 15 minutes.

Yield: 4 to 6 servings

## Side Dishes

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*Per Serving (excluding unknown items): 1433 Calories; 94g Fat (57.4% calories from fat); 31g Protein; 126g Carbohydrate; 11g Dietary Fiber; 248mg Cholesterol; 1593mg Sodium. Exchanges: 8 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 19 Fat.*