



Mushroom Soup

Ingredients:

- 2 small onions, (I prefer sweet) chopped, sliced or diced
- 1(one) 3-5 oz container of shitake mushrooms, de-stemmed, fatly sliced
- 2 (two) 8 oz. container of baby portabella mushrooms, also fatly sliced - your choice about the stems on these, I'm pro leaving them in, but shitake stems are unbearable
- ¼ cup tamari or soy sauce
- 2 tsp. dried dill
- 2 tsp. salt-free lemon pepper
- 1 ½ tsp. paprika
- ¼ cup of flour
- 2 cups stock (I like Imagine Organic un-chicken broth)
- 3 cups *unsweetened* plain almond milk

Method:

In a large soup pot, sauté or caramelize the onions in a little coconut oil until they're cooked enough to eat.

Add in all of the mushroom slices – this will be quite a quantity & that's alright. Cook them down for a few to several minutes. As they're cooking down, add the tamari, dill, lemon pepper & paprika.

Once the mushrooms are quite cooked down & have released a substantial amount of liquid, stir in your flour. Do this quickly & once it's in don't dawdle. It will form a sort of chunky mushroom paste.

Add in the first cup of stock immediately once you get your paste at an even consistency. Bring the mixture up to a simmer.

Add in the second cup of stock and bring to a simmer once more.

Follow the same procedure with the almond milk, adding one cup at a time. Be careful always to only bring to a simmer, never a boil. If the soup boils, it will 'break' – the flour will separate from the oil it has bonded to, and each will float at the surface of your soup in weird little bubble pods instead of infusing it and making it creamy. (Guess how I know?)

Once all five cups of liquid have been added, let the pot simmer (not boil!) for 10-15 minutes.

Turn off heat; let sit 5-10 minutes before serving.