



Savory Mushroom Soup - Fall 2018

Like humans, mushrooms produce vitamin D when in the sun and it is the only fruit or vegetable that contains the natural sunshine vitamin (which include White, Button, Crimini, Oyster, and Portabella). Because they are also rich in antioxidants, B vitamins, and selenium, mushrooms can also promote a better immune system to help ward off viruses - and fall and winter are high virus season. Bone broth is such a great way to get a good source of protein into your diet. I must confess, I was pleasantly surprised that I could create something so delicious with just a few simple ingredients. Bottom line – this recipe rocks! Makes 6 three cup servings. Each serving contains approximately 20 grams of protein, 5.5 grams net carbohydrates and 5 grams fat.



Ingredients:

- Two 32 oz. cartons chicken bone broth
- 32 oz raw mushrooms, about 4 cups, sliced (any type except shiitake)
- 1/2 cup diced yellow onion
- 1/2 stick butter
- 2-3 garlic cloves, minced
- a twig of both fresh rosemary and thyme
- Salt and pepper to taste



Instructions:

Add butter to a large pot, heat and stir in onion. Sauté for 3 minutes. Add the minced garlic and sauté for one more minute. Add the sliced mushrooms and continue to sauté for 2-3 more minutes.

In same pan, add the two containers of chicken bone broth and the twigs of herbs. Add some salt and pepper as needed. Cook over medium heat, until broth starts to just boil. Reduce temperature and let simmer until mushrooms are soft, around 30 minutes.

With either a hand emulsion blender, a mixer or blender, puree the mushrooms until the desired consistency is obtained; very fine or a bit chunky. Serve warm in a bowl topped with some cream and a dash of truffle salt. Enjoy.

