

Mmmm Mushroom Soup

Inspired by Elana's Pantry

It is another cold and damp day in Toronto. On days like this, I crave a good soup. This mushroom soup hit the spot. Mushrooms are great for boosting the immune system. I was told by a nutritionist a few years ago to eat mushrooms everyday in the winter. I have been trying to do that and this soup helps to meet that quota easily. It is so tasty that it is hard to believe there is no cream in it. It is also very easy to make in a pinch. No canned mushroom soup in our house when we can make this one in a flash. And, it so much tastier than the canned crap.

Sansational!



Serves 4 to 6

Ingredients:

2 tbsp grapeseed oil or olive oil
1 large onion, chopped
2 cloves garlic, chopped
1 tsp dried thyme
1 pound mushrooms, chopped (I used cremini mushrooms)
2 quarts organic chicken broth or organic veggie broth
1/2 tsp fine sea salt (or to taste)

Directions:

1. Heat oil on medium heat. Add onions and garlic and sauté until softened. (If you have time cook for longer until the onions are caramelized.)
2. Add thyme and mushrooms and cook until mushrooms are softened.
3. Add broth and bring to a boil. Reduce heat and simmer for 10 minutes.

4. Use a hand blender to purée soup. Leave a few mushrooms unblended. Adjust salt to taste.

Cook's Tips:

1. If using store-bought stock, check the ingredients to make sure the first three ingredients do not contain salt.

2. To avoid splashing the soup when blending, keep the hand blender blade head below the soup. Using a hand blender saves time as opposed to transferring the soup to a blender and back again in the pot to reheat.