



Cream of Mushroom Soup (vegan, gluten free, soy free)

Ingredients:

- 4 Tbsp olive oil
- 2 large onions, diced
- 12 sprigs of chives, diced
- 8 garlic cloves, diced
- 4 cups of different types of mushrooms, chopped –
shitake are especially yummy
- 3 sprigs of fresh rosemary, diced
- 3 cups boiling water
- Salt and black pepper to taste
- $\frac{3}{4}$ cup full fat coconut milk
- 1 Tbsp coconut aminos
- $\frac{1}{4}$ tsp mustard
- Fresh parsley, chopped (for garnish)

Cream of Mushroom Soup continued...

Instructions:

1. Heat olive oil in a large pot over medium heat. Add the onions, chives, and garlic and sauté 5 minutes until they begin to soften, stirring frequently.
2. Add mushrooms, and more olive oil if necessary, and cook for about 5 minutes until softened.
3. Add salt, black pepper, and rosemary.
4. Add hot water and coconut milk, and stir to combine. Reduce heat to medium-low, cover and allow to simmer for about 20 minutes.
5. Blend with immersion stick blender, until partially smooth, leaving some of the chunks of mushroom unblended.
6. Divide soup into serving bowls, sprinkle with parsley, and serve.
7. B'taavon!