

Wild and Creamy Mushroom Soup

My Little Recipe Adaptation from Bon Appetite, Enjoy!



Sometimes I want warm soups that are rich and healthy. Here's one I love to make! It's extremely grounding and centering. Mushrooms can grow on trees, from the ground, and they ask us to play seek as they hide and reveal themselves when we tune in and are ready see to see their fungi pop!

Root. Get Earthy. Connect. Pop!

Yummy Ingredients For Your Belly!

- 1/2 wild rice
- 4 1/2 cups mushroom broth
- 1 ounce dried wild northwest mushrooms
- 2-3 teaspoons butter
- 1/2 cup minced shallots
- 1 toe garlic
- 1 yellow onion
- 1 large red potato
- 8 cups sliced white mushrooms, (about 20 ounces)
- 1 full tablespoon finely chopped fresh sage
- kosher sea salt to taste
- freshly ground pepper to taste
- 2 – 4 (depends how creamy you want it) tablespoons gluten free all-purpose flour
- a tiny smidgeon sour cream on top
- a few left over sage leaves chopped finely to put on top

Add, subtract, substitute any ingredient you'd like to so that you may customize this for your belly!

My Methods of Soup Making! Basically Preparation. 😊

1. Dutch Oven: Made rice, onion, garlic, shallot confit type situation in 2 teaspoons butter. Added a 1/4 cup mushroom broth once liquid began to dry. Stirring along the way and often. Slow simmer for about 30-35ish min.
2. Put NW wild mushrooms in water for reconstituting and then place on paper towels after softened to soak up excess water. Reserve the soaking liquid
3. Add white mushrooms and cook, stirring often, until they start to brown, 10-15 minutes. Add the wild mushrooms, sage, salt and pepper and cook, stirring often, until beginning to soften. Sprinkle flour over mixture and cook, stirring, until the flour is incorporated. If you're using Dry Sherry, add it now. I did not.
4. Add the wild mushroom reconstituted water and the remaining broth; heat to high and bring to a boil. Reduce heat and simmer, stirring occasionally, until the soup has thickened, 18 to 22 minutes.
5. Pulse so mushrooms are broken up but not pureed.
6. Put a small dollop of sour cream in center or stir in until incorporated. Garnish with sage or chives or homemade croutons!

I use all organic ingredients and highly recommend eating this with a rustic bread (even Gluten Free Bread is Fantastic) and a hearty (or hardy) red wine!

Bon Appetite!

xx Julie