

MUSHROOM SOUP

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 6 servings

Ingredients

1 tablespoon olive oil
1 large white onion, diced
¼ teaspoon ginger, chopped
½ teaspoon garlic, chopped
1 10-ounce package white button mushrooms, sliced
1 10-ounce package baby Portobello mushrooms, sliced
10 stalks fresh thyme, leaves removed
1 cup organic vegetable broth
1 tablespoon cornstarch
1 cup milk (2% or skim)
1 dried bay leaf
½ tablespoon liquid aminos or soy sauce
½ teaspoon salt
Freshly ground pepper



Method of Preparation

1. In a large saucepan, heat oil. Add the diced onions and allow to sweat for about 5-7 minutes. Add the ginger and garlic, and sauté an additional 1-2 minutes.
2. Move onion mixture to the sides of the saucepan and add mushrooms; cook for five minutes uncovered. Then blend together, adding the thyme and continue to cook, at least 10 minutes. (You will notice a substantial amount of water has come out of the mushrooms, and they will reduce in volume by half).
3. Add the bay leaf, salt and liquid aminos to the mushroom mixture.
4. In a bowl, mix the cornstarch and broth, avoiding lumps. Add the mixture to the mushrooms, stirring. Then stir in the milk until all blended.
5. Allow to cook for at least 15 minutes, stirring occasionally. Season with pepper as desired. Remove bay leaf. Serve immediately.

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