



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Vegan Mushroom Soup

6 Tbsp. olive oil	3 cups sliced cremini mushrooms (about 6 ounces)
2 cups sliced celery	3 cups sliced oyster mushrooms (about 4 ½ ounces)
1 cup shallots	½ cup dry white wine
¾ cup chopped onion	½ cup dry Sherry
3 garlic cloves	8 cups vegetable stock
3 cups sliced stemmed fresh shitake mushrooms (about 6 Ounces)	½ cup coconut milk

Heat olive oil in large pot over medium-high heat. Add celery, shallots, onions, and garlic and sauté until onion is translucent, about 8 minutes. Add all mushrooms and sauté until beginning to soften, about 4 minutes. Add white wine and Sherry. Boil until liquid is reduced to glaze, about 6 minutes.

Mix in stock. Bring to a boil, stirring frequently. Reduce heat to medium-low and simmer until mushrooms are tender, stirring often, about 10 minutes. Puree soup in batches and return to pan. Stir in coconut milk and season with salt and pepper. Ladle soup into bowls and serve.

Can be prepared 1 day ahead. Cover and refrigerate. Rewarm over medium-low heat before serving.

Recipe credit to Green's Underground Kitchen

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