

Mushroom Soup

About 6-8 Servings

Ingredients:

2 pounds of mixed mushrooms
1 medium sized yellow onion, diced
1 red jalapeno pepper, diced (seeded)
2-3 garlic cloves, diced

2 Tbsp paprika
3 tsp dill
2 tsp caraway seeds

6 Tbsp low-sodium soy sauce
8-10 tablespoons red wine
32 Fl oz low sodium beef stock

Olive oil
Salt and pepper



Instructions:

Clean and cut mushrooms into slices. Set aside.

Heat $\frac{1}{2}$ cup of water in a large pot and add onions, red pepper and garlic. Cook over high heat, stirring often until the onions are soft and all the water has evaporated, about 5 minutes. Add another $\frac{1}{4}$ cup of water, stir to loosen any bits and continue cooking until most of the water has evaporated and onions begin to brown, about 3 minutes.

Mix the spices in small bowl. Then add sliced mushrooms and spices to onions. Add about a tablespoon of olive oil if dry. Lower the heat slightly, cover and cook for 5 minutes, stirring frequently.

Add the soy sauce, wine and beef stock. Add black pepper and salt to taste. Cover and simmer on low heat about 20 minutes.

Cooking Tips:

- To improve the taste and texture of the soup, select from a wide variety of mushrooms including white button, cremini, shitake, portabello, oyster, and enoki.
- For a smoother soup, add about half the amount of stock and let simmer. Then puree in a blender and add back to pot. Add the remaining stock until soup is desired consistency.

