

## **Mushroom Soup**

serves 6

1/2 ounce dried wild mushrooms, minced

1/2 cup water

1/2 cup dry white wine

1 large white onion, chopped

3 cloves garlic, minced

16 ounces white mushrooms, chopped

1 small sprig rosemary (optional)

5 cups vegetable broth made with **Wellness Forum Health's Certainly Not Chicken Broth**

Sea salt to taste

1-4 teaspoons black pepper

- Heat the water and wine to boiling and add the dried wild mushrooms.
- Let sit for about 20 minutes to half an hour while working with the other ingredients.
- Cut the onion into a medium dice and sauté it over medium heat in a large heavy pot.
- Add the garlic and let it sweat for about 8 minutes. Keep the heat low so nothing browns.
- Add the white mushrooms and stir.
- Drain the wild mushrooms, reserving their steeping liquid.
- Add to the pot and cook the onions and mushrooms together for another ten minutes.
- Add the mushroom steeping liquid, rosemary, and vegetable stock and bring to a low simmer.
- Simmer for about an hour. Taste and season with salt and pepper. Remove the rosemary sprig.

You can serve this soup as is, with whole mushrooms, or puree it. It's delicious both ways.