

Tomato Mushroom Rice and Vegetable Soup

Serves 6 to 8

Ingredients:

1 medium yellow onion, diced

8 ounces button or shiitake mushrooms, cleaned, stems removed, then sliced

1 large fresh tomato, diced small

2 cloves garlic, minced

1 recipe **Wellness Forum Health Brown Rice Vegetable Soup Mix**

½ cup chopped fresh basil

Instructions:

- Saute the onions and mushrooms in a large pot over medium high heat. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan.
- Add the garlic and tomato and cook another minute
- Add the soup mix, and 8 cups of water. Raise the heat to high, bring the pot to a boil.
- Reduce the heat to medium and cook the soup, covered for 45 minutes
- Add the fresh basil and cook another 5 minutes.