

# PORTOBELLO MUSHROOM SOUP

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## INGREDIENTS

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16 oz. baby Portobello mushrooms, sliced	2 tbsp butter
1 large white onion, diced	1/2 tsp thyme
2 tbsp parsley, chopped	2 garlic cloves, minced
32 oz. chicken or vegetable stock	2 tbsp arrowroot starch
1/2 cup water or almond milk	sea salt

## PROCEDURE

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In a large soup pot, melt butter on medium heat and add onion and garlic. Sauté until onions are translucent. Add sliced mushrooms and cook for five minutes, stirring often.

Add chicken or vegetable stock. Bring to a soft boil, reduce heat to medium low and simmer for 15-20 minutes.

Add thyme and salt to taste.

Thickening – if you want a creamier soup

Skip if you like it brothy

Mix 1/2 cup of cold water or almond milk and 2 tbsp arrowroot until combined. Slowly add to the soup, stirring continuously.

Simmer for 5 minutes as the soup slightly thickens. Serve hot.