

# Mushroom Chowder

An adaption of Heidi Swanson's Mixed Mushroom Soup, 101 Cookbooks Blog

If you are a mushroom lover like me, THIS is your soup. It's a cold drizzly day outside but my kitchen feels so cozy when the scent of this aromatic soup fills the air.

## Ingredients

3 tablespoons coconut oil

1 pound assorted fresh mushrooms, cut into bite-sized pieces (I like portabellas, shitake, and oyster)

fine grain sea salt & freshly ground pepper

1 medium yellow onion, finely chopped

2 medium shallots finely chopped

1 Tablespoon of fresh finely chopped or dried green herbs (consider including thyme, oregano, chives)

2-3 tablespoons of coconut or Braggs amino

1 1/2 cups cooked wild rice blend (also consider quinoa or millet)

6 cups / 1.5 l good-tasting vegetable broth (made with 2 veggie broth cubes, I prefer Rapunzel)

## Directions

In your largest, widest soup pot heat two tablespoons of olive oil over medium-high heat.

Stir in the mushrooms and season with salt and pepper. Cook

stirring a couple times along the way, until the mushrooms release their liquid and they are deeply browned. About 8 minutes. Remove the mushrooms from the pan, set aside on a plate.

Using the same pot, heat the remaining tablespoon of oil over medium-high heat.

Stir in the onions and cook until tender, a few minutes. Stir 2 tablespoons of the shoyu, barley, and then the vegetable broth.

Bring to a simmer, then reduce the heat a bit. Add the mushrooms and cook another 10 minutes or so. Stir in the toasted sesame oil and taste. You might want to add remaining tablespoon of shoyu or soy sauce, particularly if your broth wasn't very salty. You might also want to add more toasted sesame oil a few drops at a time. Just keep tweaking until everything balances out for you. Serve sprinkled with lots of chopped chives.

Top with a handful of microgreens or toasted chopped hazelnuts

If it's creamy you are craving consider adding 1 cup of cashew creme