

A Year of Healthy Soup!

FALL COLLECTION

Mushroom Bisque (dairy free)

Makes 2 quarts soup or 6-8 servings

- ¼ cup Olive Oil (or Canola)
- 1 Potato - diced (approx. 2 cups)
- ¼ Butternut Squash - diced (approx. 1 cup)
- 5-6 Cauliflower florets - diced (approx. 1 cup)
- 1 Onion - diced (approx. 2 cups)
- 1 Shallot - finely diced
- 3 cloves Garlic - crushed
- 2 lbs. Mixed Mushrooms (your favorites) - sliced
- Salt and Pepper
- ½ cup good Red Wine, White Wine or Sherry
- 2 cups Unsweetened and Unflavored Almond Milk
- 2 tsp. Salt
- 2 tsp. Pepper
- 2 tsp. Mixed Herbs (Rosemary, Thyme, Oregano)
- 2 quarts homemade Vegetable or Chicken Stock (see recipes)
(can substitute boxed)
- small bunch of Chives - chopped

Heat oven to 350 degrees. Peel and chop the potato, squash, and cauliflower. Stir them with 2 TBS. of the olive oil and a shake of salt and pepper. Put on a sheet pan and roast in the oven until fork tender, approximately 45 minutes. • Add the other 2 TBS. of olive oil to a soup pot or Dutch oven. Heat pot on a stove burner set to medium-low heat. Dice the onions and shallots and put in the heated pot and stir. Cut the mushrooms into ½" pieces, then thinly slice each of the chunks, adding to the pot and stirring as you go along. Continue to stir the mushrooms for another 15 minutes or so until cooked through. Add a shake of salt and pepper to bring out the flavors of the mushrooms. Finally, add the garlic and stir for another minute until you can smell the garlic cooking. Add the ½ cup of wine or sherry and deglaze the pan. • Remove half of the mushroom and onion mixture from the pot. Add the roasted potatoes, squash, cauliflower, and the almond milk to the pot. Blend the mixture with a hand blender/emulsifier or use a blender or food processor to blend the veggies to a smooth consistency. • Add the chicken or vegetable stock, the reserved mushrooms, salt, pepper, and herbs. Stir and leave on the stove for another 30 minutes. Check and adjust seasoning. If soup is too thick, add a little more stock or water. Just remember to check seasoning and adjust if needed. *Serve with chopped chives.*