

Feel Good Mushroom Soup

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 3 tbsp extra-virgin olive oil or coconut oil
- 1 small onion, thinly chopped
- 1-2 garlic cloves, finely chopped
- 2 carrots, chopped into rounds
- 2 celery stalks, chopped
- 4-5 cups mushrooms (shiitake, maitake, cremini), chopped
- 1-2 tbsp dried herbs (like thyme, basil, rosemary)
- 6-8 cups veggie stock (more if adding lentils)
- 1-2 tbsp fresh ginger root, grated
- 1 tsp ground turmeric powder
- 2 tbsp tamari
- Sea salt and pepper to taste
- Optional: 1 cup lentils (*see notes)

Instructions:

1. In a large soup pot, heat olive oil or coconut oil to medium. Add onions and garlic, sautee for 5 minutes. If the mixture is getting dry, add a little soup stock.
2. Next add your dried herbs, salt and pepper. Then add carrots and celery and cook for a few minutes. Next add your mushrooms. Feel free to add more olive oil if needed.
3. Cook for a few minutes and then add your remaining soup stock, turmeric powder, ginger root and tamari. Bring to a soft boil and then reduce to a simmer for 8 minutes. Give a taste test after cooking for 5 more minutes and add any additional salt and pepper to taste.
4. Optional but recommended: Remove approximate 2-3 cups of soup. Let cool slightly and then add to your blender to puree it.
5. Add the pureed mixture back into the soup. If you're adding lentils, this is a good time to add them. Depending on the texture of the soup you want, you may wish to add 1-2 cups more stock. Up to you!
6. Once the lentils are tender, enjoy a bowl of soup! Let cool completely before freezing it in mason jars. Fill to 3/4 full if using a glass jar for freezer storage. Keep in the fridge for up to a week or the freezer for up to 3 months.

Notes:

Serves 5-6. *If you're going to add lentils, do it after you've added the stock but you'll likely need to add more stock. It really depends on the consistency of the soup you prefer. If you don't add any additional stock it will be nice and thick, perhaps too thick. Tweak it to your liking, you're the boss! :)