

Hemp Mushroom Soup

This soup is a great way to get the goodness of hemp into you and yours. You can use almost any kind of edible mushroom, and the addition of dried mushrooms really makes the flavor sing. To serve 4, you'll need:

¼ C. dried mushrooms, crumbled and covered with 1 C. hot water to soften

2 Tb. butter, oil, or vegan butter

1 large shallot or 1 small onion, chopped

2-3 cloves garlic, chopped

8 Oz. Crimini or white mushrooms, wiped off, chopped

1/8 tsp. anchovy paste (optional or use miso if you're vegan or vegetarian)

2 Tb. flour (or 1 Tb. cornstarch when it's simmering)

1 C. hot stock – chicken, mushroom, or vegetable

2 C. plain unsweetened hemp milk

Salt, fresh ground pepper, and/or dash of soy sauce

Sauté the shallot/onion in the fat till it's translucent, then add the garlic and stir for about a minute.

Dump in the chopped mushrooms and stir to coat with the fat. Let these cook on low to medium low till they release some moisture, around 10 minutes, then add the anchovy paste, salt and pepper, and sprinkle the flour in.

Stir well and cook for a few minutes to lose the raw flour taste. Then add the dry mushrooms with their soaking liquid and the hemp milk and stock.

Stir well, let this thicken up, adjust the seasoning, and serve with chopped parsley or green onions.

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