

CREAMY (DAIRY FREE) MUSHROOM SOUP RECIPE



Don't you love this time of year? The days become shorter, and the evenings are crisp and cool. The change always motivates us to make a delicious and hearty soup. In this recipe, we've incorporated tricks to remove the dairy and use more plant-based proteins.

In this dish, we used cashew nuts for creaminess and for their fantastic health benefits. We hope you love this soup as much as we do!

Ingredients

- 4 cups of sliced button or cremini mushrooms
- 4 tbsp of high temp flaxseed oil (we used Alligga)
- 1/2 yellow onion or leeks, chopped (about 1/2 cup - more can be added for additional flavouring)
- 3-5 garlic cloves, minced
- 1 cup of pre-soaked raw cashews (soak in boiling water for about 15 minutes, drain)
- 1/2 can of coconut cream (not milk)
- 4 heaping tablespoons of miso paste
- 4 tablespoons tamari soya sauce (Braggs works as well)
- 1 tsp of tarragon
- 1/4 cup of ground flaxseeds
- 2-4 tablespoon nutritional yeast
- 4 cups of broth (we used homemade beef bone broth - you can use boxed broth, broth packets or the equivalent - adjust taste as needed)
- Salt and pepper to taste

Directions

1. Slice mushrooms, diced onions and minced garlic. Add to stockpot with 4 tbsp of flaxseed oil. Sauté until mushrooms are softened over medium-high heat (about 5 minutes). More oil can be added if mushrooms absorb quickly.
2. Add remainder of the ingredients and simmer covered for 15 minutes on medium heat.
3. Puree soup with hand mixer until smooth. If you would like mushrooms to remain sliced, you should remove the mushrooms from pot and set aside before the balance of ingredients are added. Puree those ingredients and then add mushrooms back in. Remember that the mushrooms add to the thickness of the soup's consistency.

4. Uncover soup and cook for another few minutes on medium-low.
5. It is important to taste your soup and adjust flavours as needed.
Depending on the broth you use, and the intensity of your ingredients more may be required. For our soup, additional nutritional yeast, miso and tamari were added as our stock was unsalted and quite bland.
6. Top with dairy-free or regular goats cheese, diced chives and a toasted baguette. We finished with a small swirl of flax oil.