



Winter Mushroom Soup

Nourishing soups and stews can help you stay warm and cozy while you make your way through another frosty winter. Soup is also a great way to get lunch or dinner on the table in minutes and can bring wonderful health benefits to your life.

Makes 8 Cups

INGREDIENTS:

1 tablespoon olive or avocado oil	½ teaspoon ground cinnamon
Small leek or onion, chopped	½ teaspoon ground cumin
1 lb. mushroom sliced (cremini, oyster, button, portobello, shiitake)	2 cups vegetable broth
1 shallot, chopped	2 springs of thyme
4 garlic cloves, chopped	2 cups chopped greens
2 celery stalks, diced	1 cup cooked grain (quinoa, barley, millet, brown rice)
1 large carrot, peeled and diced	½ lemon- juiced
½ teaspoon ground coriander	Salt and pepper, to taste

METHOD:

1. Heat the oil in a large pot. Add leek/onion, sauté a few minutes, and add the mushrooms and cook until they release most of their liquid. Add the shallots, garlic, celery and carrots, and sauté until fragrant for about 5 minutes. Season with a few pinches of salt.
2. Next, add the coriander, cinnamon and cumin, and toast until fragrant. Pour in the vegetable broth and thyme.
3. Let the soup cook until it boils, reduce the heat, and simmer for 5 minutes. Blend ⅓ of the soup in the blender until completely smooth; you may have to do it in two batches. Return the blended soup to pot and season to taste.
4. Finish by adding the chopped greens, cooked grains and a splash of lemon juice. Add salt and pepper to taste.

¡Buen Provecho!