

Recipe

WILD MUSHROOM {VEGAN} BISQUE

THE GOODS:

- 4 cups wild mushrooms (Lion's Mane, Shitake, Maitake, Oyster etc)
- 4 cups mushroom broth
- 3 cloves garlic
- 1 yellow onion
- 2T coconut oil
- Sea salt to taste
- A dash of white wine
- 1 tsp Dijon
- Black pepper
- Sprinkle of sumac (optional)
- ½ cup nutritional yeast
- Dash of Trader Joe's mushroom umami spice (optional)
- 2 cup milk of choice

THE METHOD:

First, choose the shrooms you are most excited about. If you are new to wild mushrooms, try a variety as you can't really go wrong. Rough chop all of your ingredients. Sauté garlic, onion and a pinch of sea salt in the coconut oil until aromatic. Add in the mushrooms and another pinch of salt, and sauté until soft (10-15 min for best flavor). Pour in mushroom broth, white wine, spices and simmer for 30-60 min. Turn off heat. Add milk of choice. Blend with a hand blender until smooth. Salt and spice to taste. If you cannot get sumac or Trader Joe's, you can skip.

Boulder Nutrition