

Dr. Holly Castle ND

Savory Immune Enhancing Mushroom Soup

Ingredients:

- 2 cups onion, chopped
- 3 cloves fresh garlic, minced
- 1 lb fresh, organic mushrooms, sliced: Shitake, Maitake, Chaga, and/or Reishi
- ¼ cup fresh organic parsley, chopped
- 4 tbsp organic olive oil
- 1 tbsp soy sauce
- 2 tsp lemon juice
- 2 cups organic chicken broth
- 1 cup coconut milk
- ½ cup coconut cream or organic yogurt
- 3 tbsp all purpose flour or gluten free flour substitute
- 2 tsp dried dill weed
- 1 tbsp paprika (also consider adding turmeric)
- 1 tsp salt
- fresh ground pepper to taste



Preparation:

1. In a large pot, heat olive oil over medium heat.
2. Add the chopped onion and minced garlic and sauté in the oil for 5 minutes (until the onion is translucent).
3. Add sliced mushrooms and sauté for 5 min.
4. Stir in dill, paprika, soy sauce and chicken broth.
5. Reduce heat to low, cover and simmer for 15 minutes, stirring occasionally. Do not boil!
6. In a separate bowl, whisk the coconut milk and flour together. Pour this into the soup and stir well to blend.
7. Cover and simmer for another 15 minutes, stirring occasionally. Do not boil!
8. Stir in the salt, pepper, lemon juice, parsley, and coconut cream/ yogurt. Mix and continue heating on low for another 5 minutes.
9. Serve hot and garnish as desired.