

# Cream Of Mushroom Soup

## ***Ingredients:***

- 1 large white onion—diced
- 1 package white button mushrooms — 10 oz sliced
- 1 package baby portobello mushrooms — 10 oz sliced
- 10 stalks fresh thyme — leaves removed
- 1 cup organic vegetable broth  
*(half this if you want the Cream of Mushroom Soup creaminess)*
- 1 tbs. tapioca flour —o r arrowroot or cornstarch
- 1 cup dairy free milk — unsweetened  
*(I used almond)*
- 1 dried bay leaf
- 1/2 tbs. coconut aminos — liquid aminos as an alternative *(I had soy sauce)*
- 1/2 tsp, salt
- Freshly ground pepper
- 1/2 tsp. garlic powder — optional



## ***Directions:***

1. In a large saucepan, over medium heat, add the diced onions. Allow to sweat while slicing the mushrooms. About 5-7 minutes
2. Move onions to the side of the saucepan and add mushrooms, allow to cook 5 minutes uncovered.
3. Stir onions and mushrooms together. Add fresh thyme and allow to continue to cook, at least 10 minutes. You will notice a substantial amount of water has come out of the mushrooms, and they are reduced in volume by half.
4. Add bay leaf, salt and liquid aminos to the mushrooms mix.
5. Stir 1 tbs of tapioca starch into the organic broth. Add to the mushroom mix and stir. Add almond milk.
6. Allow to cook for at least 15 minutes, stirring occasionally. Taste and add freshly ground black pepper to taste and garlic powder.