

## Creamy Mushroom Soup

- 1 ounce dehydrated-mushroom blend:  
shitake, wood ear, button, cloud ear, oyster or  
whatever blend you find
- 1 pound fresh mushrooms, sliced, any type
- 2 large carrots, chopped
- 2 large celery stalks, chopped
- 1 large onion, chopped
- 1 32-ounce box vegetarian stock
- Salt and pepper to taste

Place dehydrated mushrooms in 2 cups warm water to rehydrate.

Finely chop carrots, celery, and onions. Sauté in some of the stock until mirepoix (the chopped vegetable blend) is soft, adding stock as needed. Add salt and pepper to taste.

Finely chop half the sliced fresh button mushrooms and add them to the mirepoix. Drain the rehydrated mushrooms, saving the water you drain off. Add the water to the mixture and continue to cook until mushrooms are soft.

Using a stick blender, regular blender, or food processor, blend the mixture until smooth (it will look like the fourth picture). Add the remaining fresh mushrooms, rehydrated mushrooms, and the remaining stock and cook until mushrooms are soft.

Enjoy your creamy soup without butter or cream!

### A Note About Mirepoix

The traditional French flavor base called mirepoix (pronounced meer-PWAH) is a combination of chopped onion, carrots, and celery roasted or sautéed with butter or olive oil; other aromatic vegetables such as leeks, garlic, or bell peppers may be added or substituted. Sautéing the vegetables in broth and blending them adds great flavor without using any high-fat oils or dairy products. Mirepoix is a great starting point for many types of braised dishes, soups, stews, and sauces; it takes a lot of chopping, but the flavor is worth the effort.

