

# Vegan Mushroom Soup

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

1 tbs. tapioca flour

1 cup almond or cashew milk (unsweetened)

1 dried bay leaf

½ tbs. liquid aminos (GF) (or soy sauce)

½ tsp. salt

freshly ground pepper

In a large saucepan, over medium heat, add the diced onions. Allow to sweat while slicing the mushrooms. About 5-7 minutes.

Move onions to the sides of the saucepan and add mushrooms, allow to cook 5 minutes uncovered.

Stir the 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.

Add the bay leaf, the salt and the liquid aminos to the mushrooms.

Stir the 1 tbs. of tapioca starch into the organic broth. Add to mushrooms and stir. Add almond milk.

Allow to cook for at least 15 minutes, stirring occasionally. Taste and add freshly ground black pepper to taste.

Add cashew cheese or enjoy the soup just as it is!

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