

Golden Mushroom Soup

Serves 6

Serve this delicious soup with rye or pumpernickel bread and a nice salad.

Preparation time: 30 minutes

Cooking time: 30 minutes

Ingredients:

- 2 onions, chopped
- 1 pound mushrooms, sliced
- 1 tablespoon paprika
- 1-1/2 teaspoons dill weed
- 1 teaspoon caraway seeds (optional)
- 1/8 teaspoon black pepper
- 3 tablespoons soy sauce or light soy sauce or Braggs liquid Aminos
- 1 cup water or vegetable stock
- 1 tablespoon olive oil
- 2 tablespoons unbleached flour
- 2 cups soymilk or rice milk
- 2 tablespoons lemon juice



Instructions:

1. To brown and soften the onions, heat 1/2 cup of water in a large pot and add the onions. Cook over high heat, stirring often, until the onions are soft and all the water has evaporated, about 5 minutes. Add another 1/4 cup of water, stir to loosen any bits of onion that have stuck to the pan, and continue cooking until most of the water has evaporated and onions begin to brown, about 3 minutes.
2. Add the sliced mushrooms and spices. Lower the heat slightly, cover and cook 5 minutes, stirring frequently.
3. Add the soy sauce and stock. Cover and simmer 10 minutes.
4. In a separate pan, mix the olive oil and flour to form a thick paste. Cook, stirring constantly, for 1 minute, then whisk in the soymilk or rice milk and cook over medium heat, stirring frequently, until steamy and slightly thickened.
5. Add the non-dairy milk mixture to the soup. Stir in the lemon juice just before serving.

Tips:

- When choosing mushrooms, select those which are firm and unopened. Small mushrooms work best for this recipe.
- Light soy sauce has less salt per serving than regular soy sauce—both are fat-free and low in calories.

Nutrition information per serving: 105 calories; 4 g protein; 17 g carbohydrate; 1.5 g fat; 337 mg sodium; 0 mg cholesterol **Recipe from Physicians Committee for Responsible Medicine www.pcrm.org**