



Natural Life
Choices,™ Inc.

MUSHROOM SOUP



INGREDIENTS:

- » 8 cups of water
- » 1 onion
- » 1 carrot
- » 1 parsley root
- » 1 small celery root
- » 1 small leek
- » 2-3 potatoes
- » 3oz of dry mushrooms
- » Salt, black pepper, bay leaf, whole allspices
- » 1 tablespoon of butter
- » Smoked organic bacon, organic pork ribs, chicken or turkey thigh
– optional we can make only vegetable stock



PREPARATION:

Wash all vegetables. Cut onion and mushrooms in thin slices, and then start cooking with bay leaf, whole allspices and meat. Bring to boil and then reduce heat to low. Cook for 15-20 minutes. In that time cut all other vegetables in small pieces and add to the pot. Bring everything to boil and again reduce the heat. Cook for 15-20 minutes. Remove mushrooms from mixture and, on the small frying pan melt butter and add the mushrooms from the soup, frying on the low heat. Optionally, you can add one tablespoon of all purpose flour. Add to soup, first add a spoon or two to the frying pan and then add mix to the soup. Bring to boil, add salt and black pepper.

Bon Appetite!

"I have the strength for everything through him who empowers me." (Philippians 4:13)