



**VETRI
COMMUNITY
PARTNERSHIP**

EAT. EDUCATE. EMPOWER.

MOBILE TEACHING KITCHEN

Hearty Mushroom and Potato Soup

INGREDIENTS

- 2 Tablespoons olive oil
- 1 large onion, diced small
- 3 cups mushrooms, diced (2 -10 oz. containers) *any variety but cremini, baby belle or portabella work best*
- 3 cloves of garlic, minced
- 3 stalks celery, diced small
- 1 tablespoon fresh thyme, or 1 teaspoon dried
- 2 cups golden potatoes, peeled and diced
- 6 cups vegetable broth
- 1 (15 oz) can of cannellini beans
- 2 cups unsweetened plain non-dairy milk (almond, oat, soy, etc.) or regular milk
- 1 -2 tablespoons soy sauce or tamari
- Salt and pepper, to taste

DIRECTIONS:

1. Wash hands with soap and warm water before beginning recipe. Wipe mushrooms clean with a damp cloth or paper towel, removing all visible dirt. Rinse potatoes, celery and thyme under cold running water to remove excess dirt.
2. Pre-heat a large pot over medium-high heat. Add 2 tablespoons olive oil and diced onions. Sauté for about 5 minutes until soft and beginning to turn translucent.
3. Next add mushrooms, celery, thyme and garlic. Cook an additional 5 minutes until mushrooms soften and release their moisture.
4. Then add potatoes and broth, season with salt and pepper. Increase heat to medium high. Once the liquid starts to boil, reduce the heat to medium low and simmer until potatoes are soft and fork tender.
5. While soup is cooking, in a blender or separate container with high sides and using an immersion blender, add beans, milk, and soy sauce. Blend until smooth and creamy. *For an even creamier soup, add 1/2 of the soup to the bean mixture and blend until smooth.* Transfer blended bean mixture to the pot and bring back to a simmer.
6. Enjoy! *Optional toppings: croutons, scallion onions, parsley, fresh black pepper*