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Mushroom Quinoa Soup

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They are those odd little, ugly things. They come in a variety of shapes and sizes and so often get snubbed for their taste or texture. Drably colored and dirty from their earthy upbringing, they don't attract the eye or appeal to the senses. It seems as if people either love or hate them…perhaps hate being the more common sentiment.

But I don't know why more don't give them an opportunity to reveal their true inner beauty, their loyalty to taking on savory tastes and their ability to nourish the human body with both commitment to curing ailments and low calorie count. ***They are what you call, 'nutrient dense' and come with a delicious delivery!***

Mushrooms!

I know, I'm guilty, too! I've ignored mushrooms on this blog and it's gone on too long! After dining with some dear friends, one who ordered up a plate filled with sautéed mushrooms, I determined to create something with my long lost, loyal friend—the mushroom!

So, the next morning, I hit the grocery store and purchased an assortment of mushrooms: button, shitake and cremini (aka: baby portabellas). I stocked my fridge…and there they sat as I stared at them each time I opened the door wondering what I might make with those strange little misshapen saucers.

I was at a loss but knew I had to bore something of them before they went bad!

Finally I got it! Soup…but no ordinary brothy soup. Something more satisfying and filling. Something more savory that keeps calling me back for more. Yet something simple enough that all of YOU will want to make it.

For me, this soup cries out 'success!' so I'm hoping my ugly little mushrooms will inspire the masses to give them another try!

After doling out some samples successfully and getting the 'kid approved' award from my girls, it's

time to share. Now, be sure you remember all the wonderful benefits of mushrooms, as you savor this soup. ***And remember, it's what's on the inside that really counts!***

(In the case of mushrooms, here's what you're having: double doses of potassium, tons of selenium, niacin, riboflavin, cancer fighting antioxidants, lotsa hydration and only a few calories.)

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Ingredients

- 3 tablespoons ghee or real butter (from pastured/grass-fed dairy preferably)
- 5 to 6 cups mushrooms (I used a combination of shitake, cremini and button)
- 4 to 5 cloves of garlic, peeled and minced
- ½ of a yellow onion, chopped into small pieces
- 2 tablespoons quinoa flour (you can use another fine flour if you don't have quinoa flour on hand)
- 1 can full fat coconut milk
- 3 cups vegetable broth (more if necessary)
- ⅓ cup white quinoa
- 1 teaspoon salt. I recommend pink Himalayan or Celtic Sea salt
- ½ teaspoon fresh ground black pepper

Recipe Instructions

- In a large Dutch oven/soup pan, melt the ghee or butter. Add the garlic and onion and saute'.
- Add mushrooms to the pan. Stir and cover pan. Continue to saute' and stir occasionally for about 5 minutes, or until mushrooms are slightly softened and the mix is fragrant.
- Stir in the flour to coat the vegetables.
- Add the can of coconut milk (there will be some solid and some liquid in the can. Just dump it all in and stir. It will mix quickly). Add the vegetable broth and stir.
- Add the quinoa and bring entire mix to a boil. Add salt and pepper. Lower heat to simmer and cover the pan. Simmer for about 20 to 25 minutes.
- Enjoy!

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Recipe Description

Creamy, comforting and creatively nutritious, this soup hit the spot in my home. Cremini and shitake mushrooms will fill your bowl with minerals, vitamins and their cancer-fighting characteristics. I mean, did you know that mushrooms rival bananas for the top spot when it comes to potassium? Then, with quinoa adding a complete protein source, your body will love this as much as your mouth does!

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