



Skeena Diversity's International Cooking Online

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MUSHROOM & POTATO CREAMY SOUP

by Saša Loggin

Ingredients

3 tbsp unsalted butter
3 cups mushrooms, sliced
3-4 large potatoes, diced
1 yellow onion, diced
3 garlic cloves, minced
1/2 tsp dried thyme or 2 fresh twigs
1/2 tsp dried oregano
1 tbsp salt
1/4 tsp black pepper
1 bay leaf
3 tbsp all-purpose flour
4 cups vegetable stock
2 cup heavy cream (could use coconut)

Instructions

1. Melt the butter over medium heat in a large stock pot. Once the butter is melted, add 1 cup of mushrooms, sauté and set aside for garnish.
2. Add remaining mushrooms, potatoes, and onion. Sauté for 10 minutes, stirring regularly.
3. After 10 minutes add garlic and seasoning. Stir to combine.
4. Mix in the flour and stir until coated. cook for 1 more minute.
5. Add the stock, 1 cup cream, and bay leaf to the pot. Mix to combine.
6. Bring to a simmer and cook for 10 more minutes until the potatoes are tender.
7. Remove the bay leaf and thyme twigs.
8. Add the other 1 cup cream
9. Serve as a chowder soup or blend or puree in a blender.
10. Taste and adjust the salt and pepper if needed.