



# Mushroom Soup

From Delights of the Garden  
Adapted by Linda Roderigues TESTED & GREAT TASTING  
Serves 2

Marinade:

2-3 tbsp Bragg's Aminos  
1 rounded tsp Italian Seasonings  
3/4 cup water

Soup:

2 cups Baby Portabello Mushrooms, sliced  
1/4 cup Very Hot Water as needed  
1 Avocado  
1 medium Garlic Clove

Garnish [optional choices]:

chopped parsley  
sliced scallions  
minced fresh herbs [basil, oregano or rosemary]

Eight hours ahead: Mix marinade ingredients in a 1 quart bowl.  
Set aside until Dinner time.

At Dinner time: Mince garlic; set aside.

Drain marinade, into small double boiler, from mushrooms.

Place mushrooms in a bowl; set aside.

Heat marinade over hot water until 115 degrees, stirring constantly.

Add 3/4 of the mushrooms, set aside.

Divide remaining sliced mushrooms into 2 large soup bowls.

Place avocado into blender, blend with about 1/4 cup hot water or more to make a smooth mixture.

Reheat the marinade/mushroom mixture until again 115 degrees.

Pour into blender and pulse on low 1 or 2 times until mushrooms are chopped.

Add garlic and pulse 1 more time.

Pour over the mushrooms in the bowls.

Serve immediately.

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