



Tomato Mushroom Soup

RawFoodTalk.com

Adapted by Linda Roderigues

1 Clove Garlic

1 thick slice of Onion, chunked up

2 or 3 sliced Mushrooms, marinated

1 small handful of Sunflower Seeds, soaked 2 hours

3 large Tomatoes or 5 [2-inch] Campari Tomatoes

1 medium Hass Avocado

Marinade

1 tbsp Bragg's Aminos

1/4 tsp Italian Seasonings

Mince garlic; set aside.

Place mushrooms in a soup bowl. Add marinade ingredients; stir occasionally.

Place the onion, and the sprouts into a small bowl; set aside.

Make a tomato base made by putting tomatoes in the blender with no water.

Add avocado and blend till smooth. Add hot water to make a good creamy warm consistency.

Stir in the garlic. Add the onions and seeds to the soup bowl.

Pour this tomato base over veggies in the bowl. Serve immediately.
