

Chef Brian Downey's Vegan Cream of Mushroom Soup

from our Festival of Belonging

SERVES APPROXIMATELY 4 PEOPLE

Ingredients:

1 cup cashews, soaked in cold water for 4 hours & strained.
3 cups water
1/2 cup vegan butter
1/4 cup onion, diced
1 lb. trimmed mushrooms, assorted shiitake, oyster, creminis; (1/2 sliced and 1/2 chopped)
1 tsp salt
1 Tbs fresh thyme, chopped
1/4 cup rice flour
1 tsp 'no chicken' vegan 'Better-than-bouillon' brand
dissolved in 3/4 cup hot water

Instructions:

Strain cashews and discard soaking water.

Blend cashews on high with 3 cups fresh water for 1 minute. Set aside.

Saute onions and mushrooms in vegan butter till moisture is cooked away.

Add salt and thyme

Whisk in rice flour

Add bouillon stock(bouillon dissolved in hot water)

Slowly whisk in cashew milk and simmer for 30 mins

***Enjoy, and thank you for being a part
of the Copper Beech community!***

