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## Porcini Mushroom Soup

### Ingredients

2 oz	dried porcini mushrooms
1/3 cup	extra virgin olive oil
3	shallots, chopped
1 tbsp	fresh rosemary, finely chopped
1 ½ lbs	small new potatoes, cut into 1/3 inch pieces
2+4 cups	water
1 ½ - 2 tsp	Celtic sea salt
	Optional toppings – freshly grated Parmesan, chopped sun-dried tomatoes, fresh chives or fresh thyme

### Directions

Soak the dried mushrooms in 2 cups of hot water for about 15 minutes, or until they are soft. Set aside.

Heat a splash of olive oil in a large thick-bottomed pot, sauté the shallots for a couple of minutes, then stir in the rosemary and potatoes. Add the remaining olive oil and cook for ~ 3 minutes. Stir in the garlic, mushrooms and soaking liquid, the 4 cups of water, and salt. Bring to a simmer and cook for 10 minutes, or until the potatoes are tender. Taste – if the broth is too intense, you may want to add more water a bit at a time. And take care to get the salt right as well; it's important in a simple soup like this. Serve topped with above options. Serves 4-6.

*Adapted from Heidi Swanson, 101cookbooks.com*

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### Nutritional Value of Select Ingredients

**Mushrooms** – Mushrooms have been used for thousands of years for their medicinal properties. They help stimulate the immune system and protect against cardiovascular disease, free radicals, mutagens, and toxins. Maikake, reishi, and shiitake are the most studied for their medicinal properties, but all mushrooms have benefits. Highly nutritious, they contain protein, B vitamins, copper, magnesium, vitamin C, potassium, phosphorus, folate, selenium, and iron.

**Shallots** – Because they are high in sulfur, shallots (a member of the onion family) help lower cholesterol, inhibit cancerous tumor growth, help manage diabetes, and are an anti-inflammatory, antibacterial, and antifungal food that are also a blood tonic.

**Olive Oil** – Cold pressed extra virgin olive oil is an excellent source of monounsaturated fatty acids, making this oil quite stable for medium temperature cooking. It has a good variety of vitamins and minerals, and can help lower LDL cholesterol, control blood pressure, and aid in diabetes.