

Lisa Gagnon made this soup a couple of weeks ago for the musicians performing at Fiddleheads Saturday Market. It's dairy-free, possibly vegan and gluten-free depending on what brand of bullion cubes you use; it gets it's incredibly rich and creamy texture from pureeing most of the cooked mixture before serving. She doesn't measure out the herbs so add to taste as she does. The ingredient amounts here are halved from the original recipe, which filled a very large soup pot.

If you prefer, substitute the water and boullion cubes for store-bought or homemade organic vegetable broth. You could also use more mushrooms than called for, and/or substitute another variety: shiitake, oyster, etc. (Don't use portobello as they would most likely lend an unpleasant color.)

LISA GAGNON'S BROCCOLI & MUSHROOM SOUP (NON-DAIRY)

2 medium-large onions, chopped
1/2 head garlic, coarsely minced or crushed
Olive or Safflower Oil, enough to coat bottom of pan
1 bunch broccoli, stems chopped
6 ounces white button or crimini mushrooms, sliced or chopped
Fresh or dried herbs to taste: rosemary, thyme, oregano
2 Veggie Gourmet (or your favorite brand) boullion cubes
Water

In a saucepan or soup pot sautee the onions and garlic with olive oil over low-medium heat, stirring frequently, until soft. Add sliced mushrooms to pan and lightly sautee until tender, about five minutes or less. Add the broccoli, stems and flowerets, to the pan and *just enough* water to cover broccoli; do not use more than that or your final product will be too thin. Stir in boullion cubes and herbs to taste, and simmer until broccoli stems are tender, stirring occasionally. Adjust herbs as necessary.

When the broccoli is tender, hold some of the flowerets and chunks aside; if you use more mushroom than the recipe calls for, hold some of the slices aside as well. Puree in the remainder in a blender or food processor, in batches if necessary. Add the reserved vegetables back in the mixture. Can be served hot or cold.