

## Cream of Mushroom and Lentil Soup

By Amy Symington

Preparation Time: 30 minutes

Cooking Time: 35 minutes

6 servings

### Ingredients

2 tsp (10 ml) grapeseed oil  
¾ cups (120 g) diced onions  
3 (170 g) oyster mushrooms, torn  
1 cup (100 g) diced carrots  
1 tbsp (9 g) minced garlic  
2 tsp (2 g) dried thyme  
2 cups (500 ml) vegetable stock, low sodium  
2 tsp (10 ml) fresh lemon juice  
¼ tsp lemon zest  
2 cups (300 g) diced potato  
1, 400ml can coconut milk  
1¼ cups (310 ml) unsweetened milk alternative  
2 cups cooked brown lentils  
1 tsp (5 g) sea salt  
¼ bunch (7.5 g) parsley, chopped

### Directions

1. In a large stock pot over medium heat, add oil. Add onions and sauté until soft and translucent, about 3 minutes.
2. Add oyster mushrooms and sauté for 5 minutes (or 10-12 minutes for 24 servings) until slightly brown.
3. Add carrots, garlic and thyme, sautéing until carrots are tender, about 5 minutes (or 10-12 minutes for 24 servings).
4. Add stock, increase heat to high and bring to a simmer.
5. Once simmering, add potatoes. Reduce the heat to medium and allow to simmer until potatoes are tender, about 12 minutes (or 20 minutes for 24 servings).
6. Add coconut milk, milk alternative, lentils, and salt. Bring back to a simmer. Allow to simmer for 5 minutes (or 10-12 minutes for 24 servings).
7. Remove pot from heat. Stir in lemon juice and zest. Garnish with parsley and serve with crusty whole grain bread, crackers or top with homemade croutons.