



White Bean and Roasted Mushroom Soup (8 servings)

Ingredients

1 lb mixed mushrooms (Button, Cremini & Portobello cleaned, halved, or quartered*

2 large sweet onions - quartered

3 garlic cloves slightly crushed

1-2 Tbsps olive oil

1½ tsps sea salt - divided

1½ tsps pepper - divided

8-10 fresh sage leaves*

8-10 stems + 1 Tbsp fresh thyme leaves - divided*

48 oz vegetable broth

1 16 oz bag Navy, or Great Northern beans - soaked in water overnight*

Preparation

- Drain soaking water off the beans and rinse. Place beans in a large stock pot, fill with just enough water to cover beans and allow to simmer on medium heat, until the beans are tender and ⅓ of the liquid has been absorbed. Do not discard the remaining water.
- Preheat the oven to 450 degrees F.
- Arrange cleaned mushrooms, garlic and onion separately in single-layer, on a large baking sheet. Drizzle with olive oil, and sprinkle with 1 teaspoon sea salt, and 1 teaspoon pepper. Toss to coat, keeping mushrooms separate from garlic and onions. Add sage leaves and stems of thyme. Roast for 10 minutes, toss and let roast for an additional 15 minutes.
- While vegetables are roasting, add broth, 1/2 teaspoon sea salt, 1/2 teaspoon pepper, and 1 tablespoon fresh thyme leaves to the cooked beans, again allowing the stock pot to simmer over medium heat.
- When vegetables are done roasting, let cool slightly. Retrieve 2 cups of the white beans, and 1 cup of broth from the stock pot. Add to a blender along with the roasted onions, garlic and herbs. Cover and blend until smooth.
- Add pureed bean mixture back to stock pot, whisking in until blended and smooth. Add roasted mushrooms to soup. Salt and pepper to taste. Keep warm over low heat until ready to serve.



*Notes:

- *Soaking the beans overnight* - Place the beans in a bowl, cover them with cool water, cover the bowl with a lid, or plastic wrap, and leave to soak overnight on the counter. Soaking the beans reduces their cooking time; creates a plumper bean that cooks evenly; and reduces the negative impact on the digestive system that beans can cause.
- *Cleaning the mushrooms* - Use a dry cloth, clean paper towel or a pastry brush to remove any patches of dirt and grime. Once cleaned, mushrooms should be stored in a brown paper bag in the fridge. Plastic bags cause condensation, which will lead to the mushrooms sweating. If a plastic bag is your only option, be sure to leave the bag open to ensure circulation.
- *Pre-prep* - the mushrooms and onions may be roasted ahead of time and kept refrigerated until ready to add to the soup.
- *Herbs* - *Dried herbs* may be substituted for fresh. The rule of thumb is one part dried, to three parts fresh.
- *Broth* - Chicken broth can be substituted for the vegetable broth.