

Mushroom Soup

Recipe: serves two

In a saucepan sauté the following in a small amount of water until tender:

- 2 tbsp coconut oil
- ¼ cup of each: chopped celery & onion
- 2 cloves of garlic (finely chopped)
- 1 cup sliced mushrooms
- 1 handful fresh basil (or 1 tsp dried)

Add the following and continue cooking:

- 2 tbsp coconut flour (stir in to make a paste)
- 1-2 cups coconut milk
- 1 tbsp of each: organic mustard & maple syrup
- 2 tsp naturally fermented soya sauce
- Sea salt to taste

You may need to add some water as it is cooking.

Cook on medium heat for 20-30 minutes until everything is tender (see smaller top picture). If you want to cream this soup let it cool for 10 minutes then put in your blender and process for just a few seconds to get the creaminess you desire. Garnished here with a dollop of my Basil Pesto (pictured above) Serve with a large salad and some Polenta triangles and Pesto Basil Dip (see recipe below).

Fresh Basil Pesto: makes 1 cup

Here I am using the fresh basil from my Tower Garden. The first batch of basil I planted gave me fresh basil leaves for 3 months (picture below right). I have just planted another 3 basil plants that I started from seed – let them soak in pure water in the rock-wool cups for 2 weeks as the seeds germinated then transplanted the seedlings to the Tower Garden yesterday as you see in the picture to the bottom left. They will give me an abundant of basil leaves within 2 weeks.

Recipe: soak the pine nuts in water for 4-6 hours for best results, then drain and use in recipe.

- ½ cup pine nuts
- 2-3 handfuls of fresh basil leaves
- 2 tbsp olive oil
- ½ tsp garlic powder

Puree in your mini blender until creamy.

I have garnished this dip in the top picture with hempseed.

If you are interested in my Tower Garden go to my website <http://judyfleming.towergarden.ca>

