



Makes 7 cups
Preparation Time: 20 minutes
Cook Time: 40 minutes

INGREDIENTS:

2 cups sliced fresh shiitake mushrooms

1 large leek, halved lengthwise and cut into ½-inch pieces (2 cups)

4 cups low-sodium vegetable broth

6 red-skin potatoes (1 lb. total), cut into bite-size chunks

¾ teaspoon dried thyme, crushed

1 cup cooked freekeh

Sea salt, to taste

Lemon wedges

Fresh thyme leaves (optional)

Shiitake Mushroom and Leek Soup

This scrumptious potato, leek, and mushroom soup is a plant-based riff on Cock-a-leekie soup, a Scottish chicken-and-leek soup usually made with barley. Our version substitutes umami-rich shiitake **mushrooms** for the chicken and replaces the barley with **freekeh**, but you could easily use barley or any other cooked whole grains you have on hand. Red potatoes work well here as they hold their shape, while dried thyme lends a subtle grassy undertone. Requiring just 20 minutes of active prep time, this light and fragrant soup is a breeze to make and an ideal starter to serve guests.

Tips

Shiitake Swaps: If you don't have shiitake mushrooms, feel free to use portobello, white button, or cremini mushrooms instead.

For more inspiration, check out these tasty ideas:

- [French Onion Gnocchi Soup](#)
- [Green Cabbage and White Bean Soup](#)
- [Lemon Orzo Soup with Jackfruit](#)
- [Lentil and Spinach Soup](#)

By Mary Margaret Chappell

- 1 Rinse mushrooms and leek in cold water; drain but do not dry. (This should add enough moisture so there is no need to add water as they cook.) In a large saucepan cook mushrooms and leek, covered, over medium 10 to 15 minutes or until softened. Add broth, potatoes, and thyme. Bring to boiling. Cover and cook 35 to 40 minutes or until potatoes are tender. Stir in freekeh; cook until heated through. Season with salt. Serve with lemon wedges. If you like, garnish with fresh thyme.