



Makes 5¼ cups
Preparation Time: 30 minutes
Cook Time: 45 minutes

INGREDIENTS:

1½ oz. dried porcini mushrooms
(about ½ cup)

8 oz. fresh mushrooms, such as
shiitake, oyster, and/or cremini,
sliced (3 cups)

½ cup chopped onion

1 clove garlic, minced

¼ cup oat flour

1 teaspoon chopped fresh
rosemary or ½ teaspoon dried
rosemary

¼ teaspoon freshly ground black
pepper

½ cup unsweetened, unflavored
plant-based milk

1 tablespoon lemon juice

Sea salt, to taste

Lemon wedges (optional)

Wild Mushroom Soup with Rosemary

Low in calories and packed with flavor, this wild mushroom soup is delicious made with any of the wild [mushroom](#) varieties found in specialty grocers and at farmers markets. It's a light starter for a meal. Dried porcini mushrooms add extra umami flavor and need 30 minutes to soak, so get those going first.

Tips

Gluten-free version: To make this gluten-free, use certified gluten-free oats.

For more inspiration, check out these tasty ideas:

- [Creamy Wild Rice Soup](#)
- [Shiitake Mushroom and Leek Soup](#)
- [Coconut Curry Noodle Bowls with Mushrooms](#)
- Or check out our tasty collection of [Umami-Packed Vegan Mushroom Recipes](#)

By Mary Margaret Chappell

- 1 Place porcini mushrooms in a large heatproof bowl; cover with 4 cups boiling water. Let mushrooms soak 30 minutes; drain, reserving the soaking liquid. (You should have 3 to 3½ cups liquid.) Chop the porcini mushrooms.
- 2 In a medium saucepan combine fresh mushrooms, onion, and garlic; cover and cook over medium 10 minutes or until mushrooms have released their liquid and onion is tender.
- 3 Add chopped porcini mushrooms. Cook until any liquid has evaporated, 1 to 3 minutes. Stir in oat flour until mushrooms are thoroughly coated. Add reserved porcini-soaking liquid, the rosemary, and pepper. Bring to boiling. Reduce heat; cover and simmer 15 minutes or until soup has thickened.
- 4 Just before serving, stir in milk and lemon juice. Season with salt. If you like, serve with lemon wedges and garnish with additional fresh rosemary.