



Mushroom SooFoo™ Soup

A savory, rich mushroom soup that satisfies everytime.
- Submitted by Melina B. Jampolis, M.D.

15 min prep | 65 min total
Serves 4

Ingredients:

Cooking spray
1 cup chopped onion
1 cup sliced celery
1 teaspoon dried savory leaves
3/4 teaspoon crushed fennel seeds
1 quart water
1 16-ounce can of chopped tomatoes (undrained)
1 cup SooFoo™
2 cups sliced mushrooms
Salt and pepper

Instructions:

1. Cook SooFoo™ as directed and set aside
2. Saute onions and celery until tender in large saucepan
3. Add herbs and continue to cook for 1 to 2 minutes
4. Add water, tomatoes, mushrooms and cooked SooFoo™ to medium soup pot
5. Cook covered approximately 10-15 minutes until mushrooms are tender
6. Salt and pepper to taste