

## **Wild Mushroom Soup (for 4-6)**

**Source:** Casual Cuisines of the World – Pizzeria (Weldon Owen)

In Umbria, in the heart of Italy, soups are often made from an extraordinary assortment of mushrooms gathered by families on Sunday outings in the woods. Here, a mixture of cultivated pale brown cremini + white mushrooms are used. Feel free to substitute any full-flavored fresh mushrooms, cultivated or wild, including chanterelles, morels and porcini.

### **INGREDIENTS:**

1/3 C pine nuts  
1/2 C extra-virgin olive oil  
1 large yellow onion, finely chopped  
3 cloves garlic, minced  
10 plum tomatoes, chopped  
1 lb fresh shiitake mushrooms, stems removed, sliced  
1/2 lb fresh cremini or white mushrooms, stems removed, sliced  
6 C water  
1 TBS chopped fresh basil  
1 TBS chopped fresh flat-leaf parsley  
1 TBS chopped fresh rosemary  
1 TBS chopped fresh thyme  
Salt + freshly ground pepper

### **DIRECTIONS:**

Preheat oven to 350 - Spread pine nuts on baking sheet and toast till golden and fragrant (5-8 minutes) - remove from oven and let cool.

In heavy soup pot over medium heat, warm olive oil. Add onion - sauté, stirring frequently, till soft and golden (about 5 minutes). Add garlic, tomatoes - mushrooms - raise heat to high - sauté, stirring often, just till mushrooms begin to release their liquid (7 minutes).

Add water + herbs - bring to boil. Reduce heat to medium-low - simmer uncovered, stirring occasionally, till all vegetables are tender and flavors are blended (25-30 minutes). Salt + pepper to taste. Ladle into warmed shallow soup bowls, scatter pine nuts evenly over tops and serve immediately.

**Nutrition Facts:** **Calories:** 295 **Fat:** 24g **Carbohydrates:** 15g **Cholesterol:** 0mg **Sodium:** 29mg  
**Protein:** 6g **Fiber:** 3g **%Cal. from Fat:** 73% **%Cal. from Carbs:** 20%