

Creamy Mushroom Soup



Ready in **25 minutes**

Yields **4-6 Servings**

Ingredients

- 10-15 mushrooms (Shiitake or Button are best)
- ½ yellow onion
- 4 Tbsp olive oil
- 4 ½ Tsp flour
- 1 C water
- 1 can coconut milk (or whatever milk alternative you have!)
- 1 C veggie stock
- 1 Tsp oregano
- ½ Tsp thyme
- Salt and pepper to taste

Preparation

1. Clean mushrooms and peel onion. Chop into small pieces and place into a stockpot with heated olive oil. Cook for about 5 minutes until onions are translucent.
2. Sprinkle in flour and toss. Add all liquid and seasoning and stir well.
3. Cover and cook on low heat for 15 minutes.
4. Check consistency, if you would like for it to be thicker, add a little more flour until it has reached desired consistency.
5. Let cool slightly, serve and enjoy!