

HUNGARIAN MUSHROOM SOUP

1 hour to prepare

4 rich servings

12 oz. fresh mushrooms, sliced
2 cups chopped onion
4 Tbsp. canola oil
3 Tbsp. flour
1 cup soy milk (unsweetened)
1-2 tsp. dill weed
1 Tbsp. Hungarian paprika
1 Tbsp. tamari sauce
2 cups stock or water
2 tsp. fresh lemon juice
1 tsp. salt
fresh-ground black pepper (to taste)
1/2 cup soy "sour cream"
1/4 cup fresh-chopped parsley

Saute the onions in 2 Tbsp. oil. Salt lightly. A few minutes later add mushrooms, 1 tsp. dill, 1/2 cup stock or water, tamari and paprika. Cover and simmer 15 minutes.

Melt remaining butter in a large saucepan. Whisk in flour, and cook, whisking a few minutes. Add soy milk. Cook, stirring frequently, over low heat about 10 minutes-until thick. Stir in mushroom mixture and remaining stock or water. Cover and simmer 10-15 minutes.

Just before serving add salt, pepper, lemon juice, soy sour cream and if desired, extra dill. Serve garnished with parsley.