

Meat Lovers Cream Of Mushroom Soup

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INGREDIENTS

- 1 2-3 tablespoons ghee, butter or coconut oil or oil of choice
- 2 4 cups lightly packed coarsely chopped mushrooms (I used portabellas)
- 3 4 large pan-roasted garlic cloves (instructions below)
- 4 1 cup diced shallots
- 5 2 cups chicken broth (Or sub 1/2 cup dry white wine for 1/2 cup broth)

OTHER INGREDIENTS

- 1 1 cup raw cauliflower (rice) **grated**, about 1/2 pound (gives soup a nice 'rice' texture)
- 2 1 cup crimini, or white button mushrooms, sliced
- 3 2 cans coconut milk (use more or less, depending on the consistency you like)
- 4 Meat (use all or whatever you like)
- 5 5 strips of **bacon**, baked/cooked till crispy
- 6 1 1/2 cups kielbasa sausage, sliced & cooked, or 7oz
- 7 1 cup cooked shredded roasted **chicken**

Season with a pinch or more of ground white pepper, salt and cracked peppercorn to taste (how much salt needed will vary depending on if your broth is salted or not)

DIRECTIONS

1. First pan-roast the garlic cloves: pre-heat a small pan over medium heat. Throw garlic cloves into the pan (they should be separated but still in their paper). Allow to cook/roast for about 5 minutes or till soft. Turn them a few times during cooking so they cook evenly. It is normal for the 'paper' to burn some. Remove from heat, let cool and dispose of the paper.

Remove the stems from the portabella mushrooms. Using a spoon, scrape out most of the brown gills, then wash, pat dry and coarsely chop the mushrooms. Also remove stems from the Crimini mushrooms, wash, pat dry and set aside in a separate bowl.

2. Heat the oil in a pan over medium heat. Cook the shallots in the oil till they are soft and begin to brown some. Add the portabellas and cook till soft (or evenly browned a little for a more developed flavor.)
3. Add the cooked shallots, portabellas, roasted garlic and chicken broth to a food processor (or blender). Blend till well combined. There should be nice flecks of mushrooms throughout.
4. Transfer the mixture to a large pot or wok. Add the coconut milk, sliced crimini's and raw cauliflower 'rice' to the soup. Continue to simmer for about 15 minutes. Soup will thicken some as the cauliflower softens.
5. Add the prepared meats and let simmer for another 5 minutes or so.
6. Season to taste with sea salt and cracked pepper.

Serve immediately Soup can be stored in the fridge in an airtight container for up to three days. Once the soup has chilled, it will become very thick but will thin out again as it reheats. You can add more broth as needed to achieve desired consistency. Easily serves 4 as a main course.