

# CREAMY MUSHROOM AND BARLEY SOUP

## INGREDIENTS

1 pound assorted mushrooms, rinsed and sliced  
1 onion, diced  
2 medium carrots, diced  
2 celery stalks, diced  
6 garlic cloves, minced  
1 cup dry red wine  
1 tsp dried/2 tsp fresh thyme  
4 cups mushroom or veggie broth  
2 cups almond milk  
½ cup dried, pearled barley  
½ cup raw cashews, soaked in warm water to soften  
1 tbsp aminos or tamari  
1 tbsp miso paste  
salt and pepper to taste

## DIRECTIONS

1. In a large stockpot, sauté onion and garlic over low-medium heat for 2-5 minutes or until fragrant.
2. Add carrots, mushrooms, and celery and sauté 3-5 more minutes, adding broth as needed.
3. Add wine, thyme, and reduce until about ½ and alcohol smell is gone.
4. Add rest of broth, and barley. Cook until tender, around 30-40 minutes.
5. When cooked add aminos, then season with salt and pepper to taste. Blend until very smooth.
6. Blend cashews and almond milk until smooth and add to soup off heat.
7. Add miso paste and season with salt and pepper.

