 **Oyster Mushroom and Potato Soup**

\*¼ teaspoon ground black pepper

\*2 tablespoons all-purpose flour

\*4 cups low sodium chicken or vegetable stock

\*¼ cup half and half (or coconut milk), optional

\*Chopped fresh parsley for garnish

\*Additional salt and pepper to taste, if desired

\*2 tablespoons unsalted butter (or olive oil)

\*1 small yellow onion, diced

\*2 ribs celery, sliced

\*10 ounces oyster mushrooms, roughly chopped

\*2 pounds gold potatoes, peeled and diced (about 4 medium potatoes)

\*2 large carrots

1. Melt the butter over low heat in a large soup pot. Add the onion until it begins to soften and brown. Add the celery and cook about 3 more minutes until it softens slightly.
2. Stir in the mushrooms and continue to cook until they darken and shrink. Add the potatoes and pepper. Stir well. Stir in the flour to coat all the ingredients.
3. Pour in the stock and bring the soup to a boil. Reduce the heat and simmer, stirring occasionally, for 15 minutes or until the potatoes are tender. Reduce the heat to low, stir in the cream. Add additional salt and pepper if desired.
4. Remove from the heat and serve garnished with chopped celery leaves or fresh parsley.

Serves 4 Recipe modified from mushroomcouncil.com Margie Mansure, margie\_mansure@ncsu.edu

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