



Cauliflower and Wild Mushroom Soup

Ingredients:

- 1 head of cauliflower
- 1 leek
- 2 stalks celery
- 1 cup mushrooms
- Fresh cilantro

Directions:

1. Soak the mushrooms in 1 quart of boiling water to reconstitute for about 15 minutes. If they are bigger than a soup spoon, then snip them into smaller pieces with scissors.
2. Put the cauliflower, whole, into a large pot and cover with boiling water.
3. Trim and dice the leek and celery neatly and add to the pot. Add the cilantro stalks, reserving the leaves.
4. Cover and simmer for 20 minutes until the vegetables are soft. Strain the broth and reserve a few cauliflower florets, the leek and the celery.
5. Transfer the mushrooms and their soaking liquid to a clean pot. Add a cup of the cauliflower broth (the remaining liquid can be added to another vegetable broth).
6. Break off the florets from the cauliflower. Add in the leek and celery. Warm through and serve each bowl with several leaves of cilantro.

Servings: makes 4 servings.

Each serving = 1½ cups select vegetables, ½ cup occasional vegetables.

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