

# Wild Forest Mushroom Chowder

Number of Servings: 4

Prep Time: 20 minutes

Cook Time: 40 minutes

## Ingredients

2 tbsp butter, coconut oil or olive oil or water sauté with no oil  
2 garlic gloves minced  
1 medium onion sliced into rings  
1-2 carrots peeled and diced  
3 cups sliced wild mushrooms (chanterelle, morel, shiitake, oyster)  
3 cups chicken stock, preferably homemade  
2 cups heavy cream, unhomogenized or raw or organic soy milk  
1 medium size potato diced (about 1/4-1/2 cup)  
1/4 cup frozen organic corn  
1-small apple peeled and diced  
2 bay leaves  
3 tbsp dry sherry  
1/2 cup fresh chopped parsley  
sea salt and pepper to taste.

## Instructions

In a large saucepan or dutch oven, heat the butter or oil and saute garlic, onions, carrots and mushrooms. Do not brown.

Add chicken stock and cream to saute mixture. Bring to a soft boil and reduce to a simmer. Add Potatoes, corn, apple, bay leaves, sherry and parsley to soup. Simmer about 30 minutes. Remove bay leaves and season with salt and pepper.

Serve with a small knob of cultured butter on top and a sprinkle of fresh parsley.

Put with a papaya avocado salad (see recipe on blog) and sourdough french bread and you have a fantastic fall meal.

Enjoy!