

Oyster Mushroom Bisque from My New Roots

- scant 1/2 pound / 225g oyster mushrooms
 - 1 tablespoon coconut oil or ghee
 - 3 medium onions, chopped
 - 2 large leeks, chopped (white and pale green part)
 - fine sea salt
 - 1 teaspoon fresh or dried thyme leaves, plus sprigs for garnish, if desired
 - 4 garlic cloves, minced
 - freshly squeezed juice of 1/2 lemon
 - 1 quart / 1 liter vegetable broth
 - 2 cups / 350g cooked white beans (navy, butter, cannellini, Great Northern)
 - freshly ground black pepper
 - 2 tablespoons cold-pressed olive oil
1. Clean the mushrooms by removing any dirt or natural debris with a damp cloth (do not submerge them in water). Chop the mushrooms that are large, leaving the smaller ones intact.
 2. Heat the coconut oil in a large pot and add the onions, leeks, a good pinch of sea salt, and the thyme. Cook for 5 minutes over medium heat, until the onions and leeks are soft. Add the garlic to the pot and stir.
 3. Sprinkle the lemon juice into the pot and stir to loosen any browned bits. Stir in the mushrooms and cook on medium heat for about 5 minutes until the mushrooms are soft.
 4. Meanwhile, combine the vegetable broth and beans in a blender, and blend on high speed until creamy.
 5. When the mushrooms are cooked, remove a few from the pot for garnish. Add the broth and bean mixture to the pot, stir well, and simmer for 5 minutes.
 6. Ladle the soup into the blender and blend on high speed until completely smooth. Add water or more broth to thin if necessary.
 7. Season the soup with plenty of freshly ground black pepper, and with sea salt if necessary. Ladle the soup into bowls, and garnish with the reserved cooked mushrooms, a drizzle of olive oil, and some fresh thyme sprigs. Serve hot.

Serves 3 to 4

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