



Lion's mane mushroom, broccoli, and potato soup



A delicious, savory simple-to-make soup featuring lion's manes and broccoli and thickened with potatoes.

Course Dinner, Side Dish

Keyword lion's mane mushroom soup, lion's mane mushrooms

Prep Time 15 minutes

Cook Time 1 hour

Servings 4

Ingredients

- 1 cup powdered dried lion's mane mushrooms (if using fresh lion's mane, use ~5-6 cups fresh chopped mushrooms)
- 1.5 cups white or yellow onions, diced
- 4 medium-sized potatoes, chopped (~4 cups when chopped)
- 7 cups chopped broccoli
- 4 tbsp extra virgin olive oil
- 4 tbsp diced garlic cloves
- 1/2 tbsp sea salt, or to taste
- 10 twists from a black pepper cracker, or to taste
- 3 cups chicken or veggie broth (or stock)
- 2 cups whole organic grass milk
- juice from half a lemon (about 1/8th cup)
- garnish with cheddar cheese, chives, and seasonal edible flowers

Instructions

1. Place diced onions and potatoes in soup pot with olive oil. Cook on medium heat until onions are translucent. Stir regularly to keep the potatoes from sticking to the bottom of the pan - you can also add a little extra olive oil or butter here if necessary.
2. Add other primary ingredients EXCEPT for lemon juice (lion's mane mushrooms, chopped broccoli, diced garlic cloves, sea salt, black pepper, veggie or chicken broth, and milk). Bring to boil. Then turn down to low and let simmer for 30-45 mins, stirring occasionally. Blend until smooth using an immersion blender (easiest) or food processor (be careful with hot soup!). Here at the end is a good time to add your lemon juice, to keep its flavor nice and bright.
3. Once blended and scooped into bowls, garnish with fresh-grated cheese (we used cheddar) and seasonal flowers (we used garlic chive and rosemary flowers).

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