

# NOURISHING FOODS DETOX” for BEGINNERS



Mushrooms are an excellent source of potassium, a mineral that helps lower elevated blood pressure and reduces the risk of stroke

Mushrooms are a rich source of riboflavin, niacin, and selenium which is shown to reduce prostate cancer

The cooking process helps break down fungal cell walls, rendering mushroom flesh not only more readily digestible, but also releasing significant nutritional value contained within the cells.

Blended soups are a wonderful, filling snack that will also provide you with many healing nutrients and alkalinize your system, making it easier to detoxify, lose weight, and feel great.

Having a soup available in the refrigerator gives you a complete healthy meal or snack at your fingertips. When you have something like this available, it is easier to prevent binging or eating junk.

## **Creamy Mushroom Soup**

4 servings

¼ c dried porcini or shitake mushrooms ¼ oz

2 cups boiling water

1 Tb olive oil  
1 large onion chopped  
1 cup celery chopped  
6 cloves garlic coarsely chopped  
4 cups baby bella or matsutake mushrooms cut in quarters  
4 cups cauliflower coarsely chopped  
1 tsp dried thyme  
½ tsp dried oregano  
Celtic salt  
Fresh pepper

- Bring 2 cups of water to boil. Add dried porcini, turn off flame. Let sit while you prepare the other ingredients.
- In a medium stock pot, heat oil.
- Add onion and celery sauté until softened about 5 minutes.
- Add garlic, mushrooms, cauliflower.
- Strain the porcini mushrooms saving the liquid. Leave any sand that may have accumulated in the bottom of the pot.
- Rinse porcini mushrooms to remove any sand. Put into the pot with the rest of the vegetables.
- Add reserved mushroom liquid and enough water to just barely cover.
- Cover simmer for 10 minutes until mushrooms are just tender.
- Take out a few mushrooms to use as a garnish
- Let sit to cool a little. Blend in 2 batches.
- Return to the pot. Add celtic salt and pepper.
- Add more thyme or oregano if needed.
- Serve garnished with mushrooms