

Mushroom Bourguignon (GF,V)

Time: 1 hour 45 minutes

Ingredients:

2 tbsp. olive oil

2 sweet onions, diced

4 - 5 large carrots, large cubed

1 small fennel bulb, cubed

1 tsp. kosher salt

1/2 tsp. coarse ground pepper

2 - 3 cloves of garlic, minced

1 tbsp. fresh rosemary, minced

1 tbsp. fresh thyme, minced

1 lb. brussel sprouts, trimmed and cut length-wise in half or quarters

1 tsp. kosher salt

1/2 tsp. coarse black pepper

2 tbsp. tomato paste

2 c. vegetable stock

1 bottle red wine (less one glass for drinking)

1 tbsp. olive oil

1 tbsp. earth balance butter

10 oz. portobello mushrooms, sliced thick

8 oz. shiitake mushrooms, sliced thick

1/2 tsp. kosher salt

1/4 tsp. coarse black pepper

2 tbsp. earth balance butter, softened (still formed but very warm and pliable)

3 tbsp. all purpose gluten-free flour

Directions:

Preheat oven to 250 degrees.

In a large enamel soup pot, heat the olive oil over medium heat and add the onions, carrots, fennel bulb and salt and pepper. Sauté for 5 - 7 minutes, stirring often. Add the minced

garlic and herbs and sauté another minute, continuing to stir. Add the brussel sprouts, salt, pepper, tomato paste, vegetable stock and the wine. Cover, leaving a bit open, and bring to a boil. Cover completely with the lid and transfer to the oven to bake at 250 degrees for an hour and 15 minutes.

When you have 15 minutes left on the timer for the soup, on the stove top sauté the mushrooms in a skillet with olive oil and vegan butter, salt and pepper. Sauté for 10 minutes, stirring often.

In a small bowl, mix the softened vegan butter and gluten-free flour together with a fork. Set aside.

Remove the bourguignon from the oven and set it on the stove top over low heat. Be very careful of the pot since it is hot, hot, hot from being in the oven. Add the butter/flour mixture to the bourguignon, stirring to incorporate completely. Then add the sautéed mushrooms. Bring to a low boil, reducing the heat if it boils too hard, and cook for 10 minutes as the soup thickens.

Serve as is or ladle over mashed potatoes.

Serves 6.

