

Hot and Sour Shiitake Mushroom Soup

This soup will warm your soul and your belly. Recipe is from
GRUB by *Alla Lappe and Bryant Terry*.

Preparation time: 10 minutes. Cooking time: 12 minutes.

4 tbsp.	arrowroot
2 tbsp.	tamari
2 tbsp.	rice vinegar
2 tbsp.	lime juice, fresh
2 tbsp.	extra-virgin olive oil
1	chipolte chile, seeded and finely chopped
2 cups	shiitake mushrooms, thinly sliced
3 cups	vegetable stock
1/2 tbsp.	toasted sesame oil, for drizzling
	freshly ground white pepper

1. In small bowl, combine arrowroot with 3 tbsp. cold water and mix well until the arrowroot is dissolved. Add tamari, rice vinegar, lime juice, and 1/2 tsp. white pepper. Mix well and set aside.
2. Warm olive oil in a medium pot over medium heat. Add chile and mushrooms and saute for 3 minutes, stirring well, until softened.
3. Add vegetable stock, raise heat, and bring to a boil. Reduce heat and simmer for 7 minutes.
4. Add the arrowroot mixture to the soup, stirring constantly, until thickened, about 2 minutes. Remove from heat.
5. Ladle soup into two bowls, drizzle each serving with sesame oil, and serve immediately.

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Shopping List

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<u>Ingredients</u>	<u>Wieght or Volume</u>	<u>PLU #</u>
arrowroot	4 tbsp.	_____
tamari	2 tbsp.	_____
rice vinegar	2 tbsp.	_____
lime juice, fresh	2 tbsp.	_____
extra-virgin olive oil	2 tbsp.	_____
chipolte chile	1	_____
shiitake mushrooms	2 cups	_____
vegetable stock	3 cups	_____
toasted sesame oil	1/2 tbsp.	_____
white pepper		_____

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white pepper		_____