



French Onion Mushroom Soup

Packed with flavor, caramelized onions, and wild mushrooms

- 4 Tablespoons butter or olive oil
- 4 heaping cups thinly sliced sweet or yellow onion
- 1/2 cup dry white wine or water
- 2 Tablespoons (each) minced garlic; cornstarch; water
- 4 to 6 cups low sodium vegetable broth or desired broth
- 2 teaspoons vegan Worcestershire sauce
- 2 bay leaves
- 1/2 teaspoon (each) dried oregano; dried thyme
- 1/2 teaspoon (each) sea salt; ground black pepper
- 1 Tablespoon butter or olive oil
- 1 cup thinly sliced sweet or yellow onion
- 4 ounces favorite wild mushroom, cleaned, sliced
- 4 slices French sandwich bread
- 1-1/2 or as needed Cello Asiago or Gruyere cheese
- Garnish: Fresh parsley herbs, sprigs and chopped

1. Heat a soup saucepan over medium heat. When hot, add the butter and onions; cook, stirring often until the onions turn a deep brown and liquid evaporates. As the onions cook, add a splash of wine as needed to deglaze pan bottom and scrape up any bits on pan bottom. Cook for about 20 minutes. Add the garlic; cook for 1 minute.
2. In a small bowl, stir cornstarch and water, making a slurry; add the slurry to the saucepan; mix well.
3. Add the broth, Worcestershire sauce, bay leaves, oregano, thyme, salt, and pepper; bring to a boil, Reduce the heat to medium low and simmer until the broth is rich and slightly thickened 20 minutes.
4. In a small skillet, heat olive oil; add sliced onion; sauté onion until turning light brown; add the mushrooms; cook until onions and mushroom are tender and browned. Stir onion and mushrooms into the simmering soup.
5. While the broth is simmering, preheat the oven to 400 degrees F.
6. Cut the bread to the size of the serving bowls.
7. Lightly spray the bread with oil and bake on a parchment lined baking sheet for 3 to 4 minutes or until lightly browned on both sides.
8. Remove the baking sheet from the oven, sprinkle the cheese on the bread; return to the 400-degree F oven; bake until cheese melts.
9. **To Serve:** Remove the bay leaves from the hot soup; portion the soup into bowls; top each bowl with a piece of toast; serve hot. Garnish platter with parsley sprigs and sprinkle some chopped parsley over the cheese topping.
Yield: 3 to 4 servings

Recipe inspired by: Vasudha Viswanath, *The Vegetarian Reset*, p. 120 *French Onion Soup*. The Collective Book Studio, 2023.

Note from Vasudha: to veganize, use olive oil in place of butter, Vegan Zucchini Bread, and vegan cheese or skip the cheese.

Cook's Note: I added some healthy mushrooms to the original recipe and increased the amount of onions. I also doubled the recipe to serve 3 to 4 and added some fresh parsley. It was delicious and served 3 large portions.

About the Recipe: This recipe is filled with caramelized onions, umami mushrooms, and flavorful garlic. It is delicious served with French loaf bread that is cut into the bowl size and toasted. The melting cheese is tempting, oozing, and plain delicious. It's a wonderful dinner dish to serve on a cold snowy day.