

Shitake Mushroom and Sweet Potato Soup

Serves 4

Ingredients:

1 Large Japanese sweet potato, chopped
4 cups of Vegetable broth
2 Celery ribs, chopped
3 Cups of Shitake mushrooms
1 Large Onion, chopped
2 Garlic cloves, chopped
1 Tablespoon Coconut oil
Sea salt and black pepper to taste

Directions:

Sautee the onions and garlic in coconut oil until soft and tender. Then add the celery and chopped sweet potatoes and sauté for about 10 minutes. Then add the mushrooms and the broth and let it simmer. Once cooked through use a hand blender and puree the entire pot of soup.