NaturesPlus

Chocolate Portobello Soup

INGREDIENTS

4 cups coarsely chopped portobello mushrooms

5 tbsp olive oil

1 medium onion, finely chopped

2 qts chicken stock

1 oz finely grated highquality dark chocolate (75% cacao content)

Pepper, salt and thyme, to taste

- 1. Toss the mushrooms in 3 tbsp of the oil and either sauté until soft or roast in a 400° oven for 30 minutes.
- 2. Place the remaining oil in a stockpot over medium-high heat. Add the onion and sauté until lightly browned.
- 3. Place the mushrooms and onions in a blender with the chicken stock, pureé and return to the pot.
- 4. Bring to just below a simmer, then add the chocolate, stirring constantly, until the chocolate is melted and thoroughly blended.
- 5. Add seasonings to taste, and serve immediately. (For a particularly pleasing appearance, garnish with a drizzle of Greek yogurt and some extra pepper.)

Yields 4 servings

Source: Theo Chocolate