

Recipe – Asparagus Mushroom Soup

Ingredients:

- 2 yellow onions, chopped
- 2 bunches of asparagus, chopped
- 1 pound of mushrooms, chopped
- preferred fat or olive oil to coat the bottom of the pan
- 10 cups chicken or vegetable stock or water and organic Better than Bouillon
- hot pepper sauce to taste

Directions:

Generously coat the bottom of a large pot with olive oil

Add the onion and stir and cook til a little golden

Add chopped mushrooms and stock and simmer til mushrooms are soft

Add asparagus and simmer til just done and still bright green

Season with hot sauce to taste