



**LIFT
UP**

FOOD BRINGS
US TOGETHER

SUPPER CLUB

LIFT URBAN PORTLAND



**HUNGARIAN
MUSHROOM SOUP**

INGREDIENTS

4 tbsp butter
2 cups onions, chopped
1 lb. mushrooms, sliced
2 cups chicken or veggie stock
½ cup dry white wine (optional)
2 tsp dried dill
2 tsp dried thyme
2 tsp paprika
1 cup heavy cream
¼ cup sour cream
2 tbsp lemon juice
2 tbsp parsley
3 tbsp corn starch (optional for thickening)

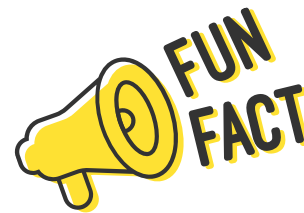
INSTRUCTIONS

1. In a heavy pot or Dutch oven, cook the onions and mushrooms in butter over medium heat until onions are soft and translucent, about 15 minutes.
2. Add the dill, thyme, paprika, chicken or vegetable stock, and white wine (if using). Bring the soup to a simmer and cook until the liquid reduces by half.
3. Meanwhile, in a small bowl, whisk the cornstarch into a small bowl of water until smooth. Add the slurry to the soup and cook until the soup begins to thicken, about 10 more minutes.
4. Turn the heat down to low and slowly stir in the sour cream and lemon juice.
5. Garnish the soup with any leftover parsley and serve hot.

NUTRITION FACTS

MUSHROOMS

Mushrooms are a great source of vitamin D! This helps our bodies absorb more calcium which contribute to stronger bones. Did you know that mushrooms are one of the only produce items that contain vitamin D? They can absorb vitamin D from exposure to sunlight! Additionally, they are great for boosting your immune system, supporting brain health, reducing inflammation, and promote lower cholesterol!



Did you know that the largest organism on earth is right here in Oregon? And it's a fungus? The Honey mushroom is located in the Malheur National Forest in Eastern Oregon. This Humongous Fungus is a whopping 3.5 square miles, most of which is hidden beneath the ground. Wow!