Creamy Mushroom Paprikash Soup

Ingredients

1-2 T extra-virgin olive oil
1 1/2 pounds Mushrooms, diced or shredded (Oyster mushrooms, shiitake mushrooms,
baby bella, etc)
2 medium carrots
2 medium red bell peppers, finely chopped
1 large sweet onion, chopped
6 cloves garlic, minced
2 T smoked paprika
1 T sweet paprika
1 tsp hot paprika
3 T tomato paste
6 cups vegetable broth or chicken broth
1 cup sour cream OR vegan sour cream
1/8 cup fresh parsley leaves
1/8 cup fresh dill
2 T of cornstarch
Salt & Pepper to taste
1/8 Cup White Wine Vinegar or 1/4 Cup Dry White Wine
2 T of butter or vegan butter

Method

Heat oil in a large Dutch oven or heavy bottomed pot over medium-high heat. Add mushrooms; cook, stirring occasionally, until browned all over about 4 minutes. Stir in bell peppers, onion and garlic; cook, stirring often for around 4 minutes.

Add paprika, salt and hot paprika; cook, stirring constantly, until fragrant, about 1 minute. Add tomato paste. Deglaze the pan with the wine or vinegar and add broth. Bring to a boil over high heat. Stir sour cream and cornstarch together in a small bowl until smooth. Stir into the soup. Cook, stirring occasionally, until the soup has thickened, 3 to 5 minutes. Finish by stirring in the butter then top with parsley & fresh dill to serve. For a heartier soup, add egg noodles.

Recipe by Chef Anïsa Lewis