



Taste and Savor

1 Quick Recipe:

Mushroom and White Bean Stew

2 TB Extra Virgin Olive Oil
 2 Cups Chopped Red Onions
 2 Garlic Cloves, Grated
 1 Head Fennel, Chopped
 16 Oz Baby Bella Mushrooms, sliced
 1 TB Bragg's Amino Acids or Low Sodium Tamari
 1 TB *Mushroom Powder
 1 TB EACH, Chopped Rosemary, Thyme Leaves and Sage - buy a package of "poultry herbs"
 1 Tsp Fennel Seeds toasted in a dry skillet
 2 (15 OZ) Cans of Cannellini Beans, rinsed and drained or 3 Cups Cooked Beans
 2 Tsp White Miso*
 4 Cups Veggie Broth
 Sea Salt and Black Pepper
 3 Cups Shredded Kale, or other Green
 Garnish with Fresh Basil

Step One Heat the oil in a large pot over medium heat. Add the onions and sauté for 3 - 4 minutes. Stir in the Garlic. Add the fennel and sauté for another 2 to 3 minutes. Add the mushrooms, liquid aminos, mushroom

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



powder, herbs and fennel seeds. Sauté for 3 to 4 minutes.

Step Two Add the beans, stock, and miso. Simmer for 15 to 20 minutes. When the vegetables are tender add the salt, and black pepper. Fold in the kale and remove from the heat, garnish with basil and serve.

2 Kitchen Scoop

*White miso also known as light miso is lighter and sweeter than other miso pastes. Its fermented for a shorter time and is less salty than other miso. Believe it or not -

its pretty easy to find this soybean paste - most grocery stores carry it in the natural or organic refrigerated sections. Miso adds another layer of "umami" or meaty flavor to this delicious veggie soup.

3 Clever Idea

Mushroom Powder is just one ingredient: Ground Dried Mushrooms! You can find it in specialty stores, [online](#), or make it yourself by pulsing dried mushrooms to a powder in your blender or food processor. (That's what I do - it tends to be expensive!) Mushroom Powder adds a luxurious rich flavor to any soup or stew.

4 Cheers!

Willamette Valley Whole Cluster Press Pinot Noir
 Oregon
 Around \$19

Pinot Noir and mushrooms are a wonderful pairing. This pinot from Oregon's Willamette Valley is made by pressing the entire bunch of grapes at once - stems and all. That makes it rich and delicious, perfect for the hardy soup and lighter white meats like pork or even salmon. You'll have a mouth full of dark cherry flavor and the aroma of warm baking spices. Perfect for a chilly evening and easy to find at almost any wine store!