



Around the Circle Midwifery, LLC
Constance Frey LM, CPM & Carolee Hall LM, CPM



Shiitake Mushroom Soup

4-8 tablespoons butter
2 large onions
½-1 pound fresh shiitake mushrooms
4 liters chicken broth with fat (not “no-fat”, not “low-fat”)
4-6 “sticks” astragalus root (may be left whole)
1 head garlic
Optional: veggies, rice, meat

Sauté chopped onion in butter until transparent. Add sliced shiitake mushrooms and sauté on low-medium heat for 20-30 minutes. Add the chicken broth and astragalus root, and simmer 1 hour more, covered. Remove Astragalus sticks. Add other ingredients (veggies, rice, meat) as desired.

Eat throughout the day, adding one clove of crushed garlic to each serving.

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