

Green Tea Infused Chanterelle Consomme

Source: Spa Jan/Feb 2004

Prep	Cook	Total
10 min	1 hr 40 min	1 hr 50 min

Serving: 8

Green tea and chanterelles are both loaded with antioxidants and anti-cancer compounds. Time for a winter spa day at home!

Ingredients

- 1 pound **chanterelle mushrooms** *fresh or dried*
- 1 cup **leeks, medium** *sliced*
- 1 cup **shallots** *chopped*
- $\frac{1}{2}$ cup **celery** *chopped*
- 1 tablespoon **olive or avocado oil**
- 10 quarts **water or stock**
- 2 **green tea bags**
- $\frac{1}{2}$ cup **tomatoes** *skinned, seeded and coarsley chopped*
- 2 **bay leaves**
- $\frac{1}{2}$ teaspoon **cloves**

Directions

In a heavy extra large pot, heat oil and saute chanterelles, leeks, shallots, and celery until caramelized. Add remaining ingredients and simmer for 1-1/2 hours. Strain and cool. Sip, relax, enjoy....and breathe.