



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

PCFMA.ORG

MUSHROOM KALE QUINOA COMFORT SOUP



As the weather and market offerings change, it's time to embrace **soup season**! As author Kate DiCamillo wisely said, "There ain't no point in making soup unless others eat it." Inspired to share the warmth and labor of a big bowl of soup with our farmers' market community, we pooled recipes and bonded over our bowls. PCFMA presents: **Soup-A-Palooza 2025**—a collection of staff soup recipes and the stories behind them.

This recipe comes from our Community Engagement Manager, Emma. Here's what she had to say about it: "I love this soup, a dear friend of mine & I made it together, and it always makes me think of her!"



00 HR 25 MINS



Serves 2-4





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INGREDIENTS

- 1-2 sliced shallots
- 1 bunch of kale
- 3-4 cloves of garlic
- 2-3 cups of a fun mushroom (oysters, shiitake, etc)
- 1 can coconut milk
- 3-4 cups vegetable broth
- smoked paprika, garlic powder, salt and pepper to taste
- 1 nib of grated ginger
- juice of 1/2 lemon
- 1 cup of cooked quinoa

METHOD

Add diced garlic, shallots, and some olive oil to a pot. Cook on a medium heat until fragrant. Add sliced mushrooms to the pot and sauté until they start releasing liquid. Add powdered spices to the pot at this stage. Add vegetable broth and coconut milk, and bring the soup to a boil.

Once boiled, bring down to a simmer and let cook for another 5-10 minutes. Add chopped kale and let it simmer until the kale has wilted. Turn off the heat and add grated ginger and lemon, as well as more salt and pepper, and spices as necessary. Serve soup with a scoop of quinoa in it. I recommend leaving your cooked quinoa separate from the soup so it doesn't soak up all the liquid. Enjoy!