



2017 Walk to Bethlehem

“Helping Those in Need”



St. Lioba Beer & Mushroom Soup

This German soup is named after Saint Lioba (d. 782), who played a pivotal role in the evangelization of Germany. An Englishwoman, she founded a monastery of nuns in Germany at the request of her cousin, Saint Boniface, who later requested she be buried near him. Her monastery became a center of Christian culture from which abbesses for other houses were taken. Saint Lioba’s name means “dear one,” and her beauty, intelligence, patience and loving-kindness endeared her to all who knew her.

Ingredients

6 Tablespoons oil of choice
2 cups mushrooms, chopped
2 large onions, chopped
6 cans of *German* beer
1 bay leaf
2 eggs
4 Tablespoons heavy cream
Chopped parsley
Salt and pepper to taste
Grated Gruyere cheese



Preparation

Pour the oil into a soup pot. Add the mushrooms and onions. Sauté them lightly for a few minutes over low heat. Add the beer and bay leaf and raise the heat to medium. Bring the soup to a boil, then simmer slowly for about 20 minutes.

In the meantime, in a bowl beat and blend well the eggs and cream. Add 6 tablespoons hot soup to the egg mixture and blend thoroughly. Pour the mixture into the soup, mixing well. Add the chopped parsley, salt, and pepper, and mix well.

Reheat the soup over medium heat and continue stirring for a few minutes. Remove the bay leaf and serve the soup hot. Sprinkle some grated Gruyere cheese on top of each serving.

Yield: 4 to 6 servings

Cooking Time: 20 min

Preparation Time: 10 min

Recipe from “Twelve Months of Monastery Soups” by Brother Victor-Antoine d’Avila-Latourrette