



Healthy Mushroom Soup Recipe

Total Estimated Calorie Content: 292 - 302 calories per average bowl

Ingredients:

- 2-3 small onions, finely chopped
- 1 clove garlic, minced
- 3 small carrots, diced
- 1 celery stick, finely chopped
- 1 teaspoon rosemary (fresh or dried)
- A good pinch of sea salt
- Freshly ground black pepper to taste
- 2 tablespoons nutritional yeast
- 300-400g assorted mushrooms (button, cremini, shiitake, etc.), peeled and washed
- 2 low-sodium vegetable stock cubes
- 500ml water
- A splash of red wine (optional)



Instructions:

Prepare Mirepoix:

- In a large pot, sauté the onions, garlic, carrots, celery, and rosemary in a little olive oil over medium heat. Cook for 10-15 minutes until the vegetables are softened.
- Season the vegetables with sea salt, black pepper, and nutritional yeast. Stir well to combine.
- Add the assorted mushrooms to the pot. Continue cooking for an additional 5 minutes until the mushrooms start to release their moisture.
- Dissolve the low-sodium vegetable stock cubes in 500ml of water. Pour the stock into the pot with a splash of red wine if using. Bring the mixture to a boil.
- Reduce the heat to low and let the soup simmer for 15 minutes. This allows the flavors to meld together.
- Blitz the Soup:
- Using an immersion blender or transferring the soup to a blender in batches, blend the soup until smooth and creamy.
- Taste the soup and adjust the seasoning if necessary. Add more salt or pepper to suit your taste.

Garnish:

- Ladle the soup into bowls and garnish with your choice of toppings. Consider adding a sprinkle of grated cheese, a few bacon bits, or a handful of fresh herbs for added flavor and texture.
- Serve the healthy mushroom soup hot, paired with your favorite crusty bread or a side salad for a delightful and nutritious meal.
- Enjoy the wholesome goodness of this flavorful and nutrient-packed mushroom soup!

Cmc