



MUSHROOM SOUP WITH CARAMELIZED ONIONS

By: Eat Clean Live Well – Terry Walters

Serves: 6

Ingredients

- 1/2 cup thinly sliced porcini mushrooms
*or 1/4 cup dried
- 2 cups thinly sliced shitake mushroom caps
- 1 cup thinly sliced chanterelle mushrooms
- 3 tbs extra virgin olive oil
- 3 large yellow onions, sliced into thin rings
- 3 cloves garlic, minced
- 3 tbs mirin
- 1/4 tsp sea salt
- 1/2 tsp dried thyme
- 4 cups vegetables stock
- Freshly ground black pepper
- 3 tsb white miso dissolved in 1/4 cup water

Nutrition per serving:

Calories: 202
Fat: 7 g
Sat. fat: 1 g
Monounsaturated 5 g
Polyunsaturated 1 g
Carbohydrates: 25 g
Fiber: 7.4 g
Sugar: 6.6 g
Sodium: 542 mg
Protein: 8.4 g

Directions

Preparing mushrooms

*Soak dried porcini mushrooms in hot water for 20 minutes. Chop mushrooms, set aside. Clean all other mushrooms. Discard stems from Shitake and thinly slice or chop along with the chanterelle.

Preparing soup

In a large skillet over medium heat, saute onion in olive oil until evenly browned (about 10 minutes). Add garlic and mirin and saute 2 minutes longer. Add fresh mushrooms and saute until evenly browned, about 7 minutes). To avoid sticking, add water to skillet 1 tablespoon at a time as needed. Stir in salt and thyme, remove from heat and transfer sauteed mixture to a medium Dutch oven (or other appropriate pot). Add vegetable stock to and plenty of pepper. Simmer for 5 minutes and remove from heat. Puree briefly with a hand-held blender to thicken base, but leave majority of mushrooms whole. Allow soup to cool slightly before stirring in dissolved miso. Serve warm.