



# CREAMY MUSHROOM SOUP

SERVES 2 OR 4

TIME: 40 MIN

CALORIES: 310/SERVING



A creamy mushroom soup that's perfect for keeping you nourished and cozy.

## WHAT YOU'LL NEED

- Large pot
- Baking sheet
- Blender/immersion blender/food processor
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

**WHAT'S INSIDE**      2 servings      4 servings

Cashews	1/4 cup	1/2 cup
Mushrooms	10 oz	20 oz
Shallot	1	2
Garlic	1 clove	2 cloves
Soup base	3 tbsp	6 tbsp



Preheat oven to 400°F.

Prep ingredients: mince **garlic**, chop **shallot**, slice **mushrooms**, and place **cashews** in a bowl of **boiled water** for 30 minutes.



Spread **mushrooms** on a baking sheet lined with a silicone baking mat or lightly greased and drizzle with 1.5 tbsp of **oil** and season with **salt** and **pepper**. Make sure they are spaced out (use two baking sheets if needed). Roast in the oven for 15 minutes, until golden, tossing as needed.



In a large pot, heat 1 tbsp of **oil** (2 tbsp for 4 servings) over medium heat. Add **shallot** and cook for 3 minutes until translucent, then add **garlic** and cook just until fragrant. Add **soup base**, 4 cups of **water** (8 cups for 4 servings) and **half the mushrooms**. Bring to a boil then reduce the heat and simmer for 10 minutes.



Transfer the **soaked cashews** and 1.25 cups of the **mushroom soup** (2.5 cups for 4 servings) to a blender or food processor, or move to a separate pot to use an immersion blender. Carefully blend until smooth and creamy.



Pour back into the pot and continue simmering for 10-15 minutes. Taste and adjust seasoning as desired.



Divide into bowls and top with **remaining mushrooms**.

Nutrition Facts		Valeur nutritive	
Per Serving (564 g)			
pour 1 (564 g)			
Calories 310		% Daily Value*	
Fat / Lipides 25 g		33 %	
Saturated / saturés 4.0 g		20 %	
+ Trans / trans 0 g			
Carbohydrate / Glucides 19 g			
Fibre / Fibres 2 g		7 %	
Sugars / Sucres 7 g		7 %	
Protein / Protéines 8 g			
Cholesterol / Cholestérol 0 mg		0 %	
Sodium 1300 mg		57 %	
Potassium 900 mg		19 %	
Calcium 50 mg		4 %	
Iron / Fer 2.5 mg		14 %	
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			