

Asian Mushroom & Onion Soup

Serving Size: 8 oz; makes 5 servings

Prep time: 10 minutes

Cook time: 30 minutes

Total time: 40 minutes

Ingredients



- 4 cups low sodium vegetable broth
- 1 ½ Tbsp canola oil
- ¼ cup celery, sliced ¼ in
- ¼ cup onions, yellow, sliced ¼ in
- ¼ cup carrots, sliced 1", half moon
- ¾ tsp fresh garlic, minced
- ¾ tsp fresh ginger root, minced
- ½ cup fresh shiitake mushrooms, sliced ¼ in
- ½ cup fresh Portobello mushrooms, diced 1 in
- ½ cup fresh white mushrooms, quartered
- 2 Tbsp chives, chopped

Preparation

1. In a stock pot or kettle, add oil, onions, celery, and carrots. Sauté over medium heat for 3 minutes.
2. Add garlic and ginger. Sauté for 3 to 5 minutes.
3. Add all mushrooms. Cook for 5 minutes.
4. Add 3 cups vegetable broth. Bring to a simmer. Cook for 15 minutes.
5. In a separate bowl, add 1 cup vegetable broth and cornstarch (if needed to thicken). Mix until well-blended for slurry. Add to soup. Whisk to incorporate. Simmer for 5 minutes.
6. Serve hot. Garnish with chives.

Nutritional Information

Per serving

Calories: 80

Total Fat: 6 g

Saturated Fat: 1 g

Cholesterol: Less than 5 mg

Total Carbohydrate: 7 g

Dietary Fiber: 1 g

Sugar: 3 g

Protein: 2 g

Sodium: 140 mg

Potassium: 180 mg

Adjusted from: Sodexo Recipes