

Mushroom Soup

Source: Mark Bittman's Kitchen Matrix

Prep	Cook	Total
10 min	35 min	45 min

Serving: 4

Mushrooms are technically a fungus but since they are so good for you they should be used as a vegetable and part of your weekly routine. They are rich in selenium and B vitamins + they contain beta-glucans. These nutrients may aid in cholesterol and blood sugar balance and immunity. On top of all this they have rich and satisfying.

Ingredients

1 **Onion** *medium, chopped*
1 **Carrot** *medium, chopped*
1 **Celery stalk** *medium, chopped*
1 teaspoon **Minced garlic**
3 tablespoons **Olive oil**
1- ½ pounds **Mushrooms** *sliced (preferably a mix)*
¼ teaspoon **Sea salt**
¼ teaspoon **Freshly ground black pepper**
½ cup **White wine** *(or more water)*
5 cups **Water**
1 sprig **Fresh thyme** *(+ more for garnish)*

Directions

Saute onion, carrot, celery and garlic in the olive oil for 5 minutes. Add mushrooms, salt and pepper and cook 2 minutes more. Add wine (if using), water and thyme, bring to a boil, lower the heat and simmer for 15 minutes. Garnish each bowl with additional thyme.

Nutritional Information

Amount Per Serving (4 Servings)

Calories: 171 **Protein:** 6 g **Sugar:** 6 g **Carbohydrate:** 11 g **Fat:** 11 g **Cholesterol:** 0 **Sodium:** 159 mg **Fiber:** 3 g