INGREDIENTS

FOR SOUP

2T GHEE OR BUTTER

2T OLIVE OIL

1/2 LARGE YELLOW ONION, CHOPPED

2-3 GARLIC CLOVES, MINCED

16 OZ CREMINI OR BELLA MUSHROOMS

2 C VEGETABLE STOCK

1/2 C (OPT) DRY WHITE OR RED WINE*

1 T WORCESTERSHIRE SAUCE

2 TSP FRESH THYME, MINCED

2 TSP DRIED DILL

2 TSP PAPRIKA

1TSP SALT

3 T GF FLOUR; BOB'S RED MILL 1-TO-1 (OR 1 C TRADITIONAL FLOUR)

1 C ALMOND MILK (OR PREFERRED MILK)

1/4 C SOUR CREAM

1T LEMON JUICE

FOR MEATBALLS

1 LB GROUND BEEF, BISON OR TURKEY

1 TSP THYME, MINCED

1 TSP GREEN ONION, MINCED

1 T WORCESTERSHIRE SAUCE

1/4 TSP SALT

1/4 TSP PEPPER

OLIVE OIL AND FLOUR

DIRECTIONS

For Soup

- SAUTE ONION, GARLIC, MUSHROOM IN LG SAUCEPAN IN GHEE/BUTTER & OLIVE OIL ON LOW (8-10 MIN)
- ADD STOCK / WINE / SPICES, BRING TO BOIL AND THEN SIMMER ON LOW STIRRING OCCASIONALLY (10 MIN)
- WHISK FLOUR INTO MILK AND ADD TO SOUP, SIMMER (10 MORE MIN)
- STIR IN SOUR CREAM & LEMON

FOR MEATBALLS

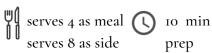
- MIX ALL MEATBALL INGREDIENTS, ROLL INTO 2" BALLS, DUST W/FLOUR
- SAUTE IN OLIVE OIL 8 MIN

NOTES: * I PREFER A DRY RED (LIKE A CAB); NO WINE? USE AN EQUAL AMOUNT OF STOCK





MUSHROOM SOUP WITH MEATBALLS



prep 30 min cook

This savory Hungarian inspired Mushroom Soup is a fall/winter fave. Deliciously layered flavors bring intrigue to every bite.

In all honesty, I like my recipes ultra simple (ie. no more ingredients than fingers) and wouldn't even share space with a cooked mushroom. . . until now The complexity of flavor in this soup is definitely worth the extra time to prepare and if you aren't a fan of cooked mushroom texture (like myself), just let cool and blend into a cream soup instead.

FOOD FOR THOUGHT:

Mushrooms are one of the best plant based sources of Vitamin D and have also been shown to greatly reduce cancer risk. Learn more: Mushrooms 101