

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
1 TSP 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
1 T 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



serves 4 as meal
serves 8 as side



10 min
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](#)