Lunch, Indian

Garlicky Mushroom and Onion Soup

Sweet onions and earthy mushrooms are sautéed with garlic, a portion is blended smooth and everything is simmered with stock for a comforting bowl that comes together in about 25 minutes. A touch of whole wheat flour gives it body without any cream.



Nut free | Low fat | Freezer safe

25 min	70	8.6 g	4.1 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 tsp olive oil
- [ ] 1 tbsp finely chopped garlic (lehsun)
- [ ] 1 cup finely chopped onion
- [ ] 3 cups chopped mushrooms (khumbh)
- [ ] 1 tbsp whole wheat flour (gehun ka atta)
- [ ] 2 stock cubes
- [ ] to taste, restricted salt for health salt (namak)
- [ ] to taste freshly ground black pepper (kalimirch)

Method

- [ ] **1** Stir the 2 stock cubes into 3 cups of hot water until dissolved and set this stock aside.
- [ ] **2** Warm 1 tsp of the olive oil in a broad pan, then sauté the finely chopped garlic for a few seconds.
- [ ] **3** Add the finely chopped onion and cook over a medium flame for 2 minutes.
- [ ] **4** Tip in the chopped mushrooms and cook on a medium flame for 3 to 4 minutes, stirring now and then.
- [ ] **5** Scoop a little of the cooked mixture into a bowl, let it cool completely, then blend it to a smooth puree with ¼ cup of water.
- [ ] **6** Heat the remaining 1 tsp of olive oil in a deep kadhai, add the whole wheat flour and sauté it for a few seconds.
- [ ] **7** Pour in the puree along with the rest of the sautéed mixture, the prepared stock, and the restricted salt and freshly ground black pepper to taste.
- [ ] **8** Stir everything together and cook on a medium flame for 5 minutes, stirring occasionally.
- [ ] **9** Ladle into bowls and serve hot.

Nutrition Facts

Per serving

Calories	**70**
Total fat	3.1 g
Saturated fat	Not listed
Sodium	344 mg
Total carbs	8.6 g
Fiber	1.6 g
Total sugars	4.1 g
Protein	2 g

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