



Healthy Cream of Mushroom soup

The Ingredients

- ¼ cup extra-virgin olive oil
- 12 oz. mixed mushrooms (such as crimini, shiitake, oyster, and/or maitake), cut or torn into bite-size pieces
- 1 large sweet onion, finely chopped
- 2 shallots, finely chopped
- Kosher salt
- 4 garlic cloves, thinly sliced
- ⅓ cup dry white wine
- ¼ cup raw cashews
- 1 tbsp red or white miso
- Freshly ground black pepper

Directions

- Heat oil in a large Dutch oven or other heavy pot over medium-high. Cook mushrooms, undisturbed, until browned underneath, about 3 minutes. Stir and continue to cook, tossing occasionally, until golden brown all over, 5–7 minutes longer. Using a slotted spoon, transfer mushrooms to a plate.
- Add onion and shallots to pot; season with salt. Cook, stirring often and reducing heat as needed if beginning to brown, until very soft, 8 to 10 minutes. Add garlic and continue to cook, stirring occasionally, until softened and fragrant, about 3 minutes. Add wine and cook until almost completely evaporated, about 1 minute. Add 5 cups water and return mushrooms to pot. Bring to a simmer.
- Transfer 2 cups soup (including some mushrooms) to a blender and add cashews and miso. Purée until smooth. Stir back into soup. Simmer, stirring occasionally, for 10–15 minutes. Season with salt and pepper.

[REFERENCE: BON APPETIT](#)