



Vidalia Onion & Shiitake Mushroom Soup

Active Time: 15 minutes | Total Time: 1.5 hours | Serves: 6

Nutrition Information Per Serving

73.7 calories, 16.49 g carbohydrate, 2.95 g fiber, 13.54 g NET carbs, 2.05 g protein, 0.31 g fat

Ingredients

- 2 cup(s) Pacific Organic Vegetable Broth (Low Sodium)
- 2 clove(s) organic garlic, minced
- 4 medium(s) Vidalia onions, chopped
- 4 cup(s) spring water
- 2 whole(s) organic leeks, sliced
- 2 whole(s) organic shallots, diced
- 2 ounce(s) shiitake mushrooms, sliced
- 8 tsp(s) organic Worcestershire sauce
- 1 tsp whole mustard seed

Preparation

1. To best prepare leeks, chop leeks first, then rinse well in a colander to remove any dirt between leaves.
2. Sauté onions, shallots, and leeks in broth for 2 minutes or until translucent. Add shiitakes and worcestershire sauce and sauté two minutes. Stir in remaining vegetable broth, water, sliced garlic and mustard seeds.
3. Simmer 1 hour on medium low.

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