

MB Easy Shroom Soup (v) (fmd)

4 servings

Ingredients

- 1 tablespoon olive oil
- 2 tablespoons coconut cream, optional if blending
- 1 ½ cup onion, diced
- 6 cups of your favorite mushrooms: oyster. shiitake mushrooms maitake, sliced
- 4 small carrots, chopped
- 4 cups YES! K&F chicken broth OR beef broth OR veggie broth
- Himalayan sea salt to taste - optional, ONLY if NOT using pre-made broths
- Fresh or dried parsley

Instructions

1. Saute the onion in 1 tablespoon olive oil until translucent.
2. Add the carrots and mushrooms. Cook until the mushrooms are just beginning to turn golden.
3. Cover with broth and let simmer until the carrots are tender.
4. Stir in 2 tablespoons of 0-carb coconut cream and blend with an immersion blender.

MB Reco

- For a lower-calorie soup on MB FMD, omit the coconut cream and skip the blending step. Leave mushroom pieces whole.

Nutrition

calories: 121g, fat: 6g, cholesterol: 0mg, sodium 35 mg, potassium: 160 mg, total carbs: 16g, dietary fiber: 2g, sugars: 5g, protein: 2g, vitamin a: 167%, vitamin c:

13%, calcium: 3%, iron: 2%. I still need to add the nutrient total of 2 additional tablespoons of 0 carb coconut cream.

K&F Bone Broth Recos:

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Kettle & Fire Tom Yum Chicken Broth

Kettle & Fire Chicken & Mushroom Broth

Kettle & Fire Coconut Curry

Kettle & Fire Turmeric Broth

Kettle & Fire Spicy Cauliflower

Kettle & Fire Four Pack Veggie Broth

Kettle & Fire Thai Chicken Curry*

Kettle & Fire Mushroom Bisque*

*Please do not consume during MB FMD Week