



**GREEN
CHEF**

CREAMY MUSHROOM SOUP

carrots, homemade cashew "Parmesan" croutons

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

710

MENU

VEGAN

Tonight's mushroom soup is rich, creamy, and vegan! Our secret? Coconut milk—a versatile dairy-free alternative to cream that provides the silky richness in this comforting soup. Here, it simmers with cremini mushrooms, onion, carrots, and a flavorful mushroom broth until the flavors pleasantly meld. Crispy homemade croutons seasoned with cashew "Parmesan" and fresh parsley are so good, you'll want one in every spoonful.

INGREDIENTS (11 ITEMS)

4 oz **Cremini mushrooms**
 1 whole **Yellow onion**
 ⅛ oz **Thyme**
 ¼ oz **Parsley**
 4 oz **Carrots**
 2 tbsp **Flour** W
 10 oz **Coconut milk** T
 1 whole **Mushroom stock concentrate**
 1¼ tsp **Rosemary, basil & sage blend**
 1 whole **Demi baguette** S W
 1 tbsp **Cashew "Parmesan"** T

WHAT YOU'LL NEED

large pot
 baking sheet
 medium bowl
 measuring cup & spoons
 oven mitt
 cooking oil
 salt & pepper

ALLERGENS

W WHEAT
T TREE NUTS (cashews, coconut)
S SOY



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Preheat oven to 425 degrees.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick each.
- Cut ends off **yellow onion** and discard. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- De-stem **thyme**; finely chop leaves.
- De-stem **parsley**; finely chop leaves.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

START SOUP

- Heat 2-3 tablespoons cooking oil in a large pot over medium-high heat. Add **mushrooms** and **carrots** to hot pot. Season with about ½ teaspoon salt and a pinch of pepper. Stir to combine. Cook about 5 minutes, or until veggies begin to brown, stirring occasionally.
- Reduce heat to medium. Add **onion** and **thyme**. Cook about 2 minutes, or until onion softens, stirring occasionally.
- Add **flour**. Cook 2-3 minutes, or until flour is lightly browned, stirring frequently.

3

FINISH SOUP

- Add **coconut milk**, **mushroom stock concentrate**, and 1 cup water to pot. Season with **rosemary, basil, and sage blend**, about ½ teaspoon salt, and about ¼ teaspoon pepper. Stir to combine. Bring to a boil, then reduce heat to medium low. Cook 12-15 minutes, or until broth has reduced by about half and soup has thickened, stirring occasionally.

4

MAKE CROUTONS

- Large dice **demi baguette** into pieces, about ¾ inch each.
- Place **bread** and **cashew "Parmesan"** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with **parsley**, salt, and pepper. Stir to coat.
- Spread **bread** out in a single layer on a foil-lined baking sheet. Toast 5-8 minutes, or until crisp and lightly browned.

5

PLATE YOUR DISH

- Divide **creamy mushroom soup** between bowls. Garnish with **cashew "Parmesan" croutons**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (394g)

Amount per serving

Calories **710**

	% Daily Value*
Total Fat 54g	69%
Saturated Fat 23g	115%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1650mg	72%
Total Carbohydrate 45g	16%
Dietary Fiber 6g	21%
Total Sugars 11g	
Includes 1g Added Sugars	2%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 115mg	8%
Iron 6mg	35%
Potassium 1156mg	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Cremini Mushrooms, Coconut Milk [coconut milk], **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Yellow Onion, Carrots, All-Purpose Flour** [wheat flour, enzyme added for improved baking, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], **Thyme, Demi Baguette** [enriched wheat flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, base (salt, soybean oil, dextrose, sugar, defatted soy flour, mono- diglycerides, calcium, stearoyl lactylate, potassium iodate, soy lecithin, ascorbic acid (vitamin c), enriched wheat flour, l-cysteine hydrochloride, enzymes (wheat)), soybean oil, wheat gluten, yeast, corn meal], **Parsley, Rosemary, Basil & Sage Blend** (Ground Rosemary, Dried Sage, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Basil, Granulated Garlic, Onion Powder), **Cashew “Parmesan”** (Cashews [cashew pieces], Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Granulated Garlic, Sea Salt, Black Pepper)

Allergen information:

Contains Tree Nuts, Soy And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.