GLOBAL · LUNCH · DINNER

Cream of Mushroom Soup with Crispy Oyster Mushrooms

25 min · Serves 3 · 281 kcal a serve · Video 7:02 · HK's Keto & Low Carb Recipes

Nut-free

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No flour or potato: blended mushrooms and a little cream make it creamy at about 6 g net carbs a serve, and it is a good source of vitamin A and selenium.

Diet notes: Keto (6.3 g net carbs a serve); Vegetarian with a swap for the stock and freshly grated cheddar; Gluten-free with a swap: use gluten-free stock.

Ingredients 14 · SERVES 3

- [ ] 125 g **white mushrooms**
- [ ] 125 g **portobello mushrooms**
- [ ] 100 g **oyster mushrooms**, roughly chopped
- [ ] 1 tbsp **olive oil** (divided)
- [ ] 2 tbsp **butter** (divided)
- [ ] 10 g **garlic**, chopped
- [ ] **Stock**: 1 stock cube and about 300 ml water (or 300 ml chicken or vegetable stock)
- [ ] 100 ml **cream**
- [ ] a pinch of **paprika**
- [ ] a little **cayenne pepper**
- [ ] **salt**, to taste
- [ ] **black pepper**, to taste
- [ ] **freshly grated cheddar** (or Parmesan), to serve (about 1 tbsp a bowl)
- [ ] **fresh basil**, chopped, to serve

Contains: Gluten, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pull the stalks off the white and portobello mushrooms and keep them; slice the caps. 0:42
2. Fry the oyster mushrooms in a little olive oil and a knob of butter with salt, pepper and cayenne, leaving them alone until their water cooks off and they brown and crisp. Set aside for the garnish. 1:21
3. In a saucepan heat a little olive oil and butter and cook the garlic until it starts to colour. Add the stalks and a handful of the sliced caps, season with the stock cube, pepper, paprika and cayenne, and cook until they release their liquid. 2:33
4. Add about 300 ml water and cook until the mushrooms are soft, then blend until smooth. 3:44
5. In the same pan melt the rest of the butter and fry the remaining sliced caps over high heat until they give up their liquid. 3:58
6. Pour the blended soup through a sieve into the pan and simmer until the sliced mushrooms are tender. Stir in the cream and take off the heat. 4:26
7. Serve topped with grated cheese, the crispy oyster mushrooms and chopped basil. 5:00

> **Tip** Add as much or as little cream as you like (the cook's advice). A stock cube is optional — chicken or vegetable stock, or water and salt, work too. Any hard cheese works on top.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
281 kcal	**6.1** g	**8.2** g	**1.9** g	**26** g	**690** mg
1,180 kJ	12% of a day	6.3 g net · 3.9 g sugars	7% of a day	14 g saturated	30% of a day
		3% of a day		34% of a day	

Energy from net carbs 9% · protein 9% · fat 82% — fits keto: 6.3 g net carbs, 82% of the energy from fat

High in (20%+ of a day) Vitamin A 25% · Selenium 22%

Source of (10–19%) Vitamin B6 14% · Omega-3 11% · Potassium 10% · Zinc 10%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=55ePv1AEMFk, published 18 August 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-cream-of-mushroom-soup-crispy-oyster-mushrooms