

Smoky Mexican Oyster Mushroom Soup

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/michoacan-mexico-mushroom-soup-recipe>

Ingredients:

- 6 cups vegetable stock preferably low-sodium
- 1 cup water
- 400 grams oyster mushrooms
- 1/8 teaspoon thyme
- 2 chipotle peppers
- 2 cloves garlic
- 1 white onion large
- salt to taste
- 2 tablespoons olive oil divided into 1 tbsp portions
- 1 tablespoon epazote dried, see note

Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 10 grams
3. Fat: 4.5 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 1090 milligrams
8. Sugar: 5 grams

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