

# Best Ever Mushroom Soup

Yield: 2 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/white-onions-recipe-india>

## Ingredients:

- 1 white onion large, diced
- 1 package white button mushrooms 10 oz sliced
- 1 package baby portobello mushrooms 10 oz sliced
- 10 stalks fresh thyme leaves removed
- 1 cup organic vegetable broth
- 1 tablespoon tapioca flour
- 1 cup non-dairy milk unsweetened
- 1 bay leaf dried
- 1/2 tablespoon coconut aminos GF, or soy sauce
- 1/2 teaspoon salt
- freshly ground pepper
- 1/2 teaspoon garlic powder

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 18 grams
3. Fat: 2.5 grams
4. Fiber: 3 grams
5. Protein: 5 grams
6. Sodium: 1130 milligrams
7. Sugar: 7 grams

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