

# Oyster Mushroom Soup

Yield: 7 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/oyster-mushroom-soup-recipe-indian-style>

## Ingredients:

- 3 tablespoons extra virgin olive oil
- 3 cups leeks chopped, white part only
- 1 cup chopped celery
- 1/4 cup minced garlic
- 2 tablespoons minced ginger
- 1 1/2 tablespoons white miso paste
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 5 cups vegetable broth
- 5 cups filtered water
- 3 cups oyster mushrooms sliced or torn, 4 ounces
- 2 cups carrot peeled and julienned, 1 large
- 5 bay leaves dried
- 1 stalk lemongrass crushed with a rolling pin and minced
- 2 tablespoons tamari
- 1 1/2 tablespoons fresh lemon juice
- 1 tablespoon rice vinegar
- 1 inch dried kombu piece
- freshly ground black pepper to taste
- 8 ounces tofu cubed, optional
- scallions optional
- sesame seeds optional
- red pepper flakes optional

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 26 grams
3. Fat: 9 grams
4. Fiber: 5 grams

5. Protein: 9 grams
  6. SaturatedFat: 1.5 grams
  7. Sodium: 1170 milligrams
  8. Sugar: 7 grams
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