

Creamy Mushroom Soup*

Servings: 7 | Prep/cook time: about 30 minutes

Ingredients:

- 3½ cups cauliflower rice
- 4 sprays cooking spray
- ¾ cups shallots, chopped
- 3 garlic cloves, minced
- 12 oz. Cremini mushrooms, thinly sliced
- 4 oz. fresh mushrooms, sliced
- 1 tbsp. fresh thyme, chopped
- 1 tsp. Kosher salt, divided
- ½ tsp. Black pepper, divided
- 3 cups fat free, reduced sodium vegetable broth



Directions:

1. Place cauliflower rice in a medium microwave-safe bowl. Cover and microwave on high for 4 minutes.
2. Meanwhile, off heat coat a Dutch oven with nonstick spray. Heat over medium-high heat. Add shallots and garlic and cook 3 minutes. Add mushrooms and sprinkle with thyme. Cook, stirring occasionally, until tender and mushroom liquid has evaporated, 6 to 7 minutes.
3. Stir in ½ tsp. salt and ¼ tsp. pepper.
4. Place 1 cup mushroom mixture, cooked cauliflower rice, vegetable stock, and remaining ½ tsp. salt and ¼ tsp. pepper in a blender. Blend at high speed until smooth, about 1 minute. Pour mixture into Dutch oven and stir to combine. Heat on medium heat until thoroughly heated, about 2 minutes.
5. Ladle soup into bowls. Garnish with thyme and pepper.

**This recipe comes from WW. SmartPoints: 0 on Green, 0 on Blue, 0 on Purple*

