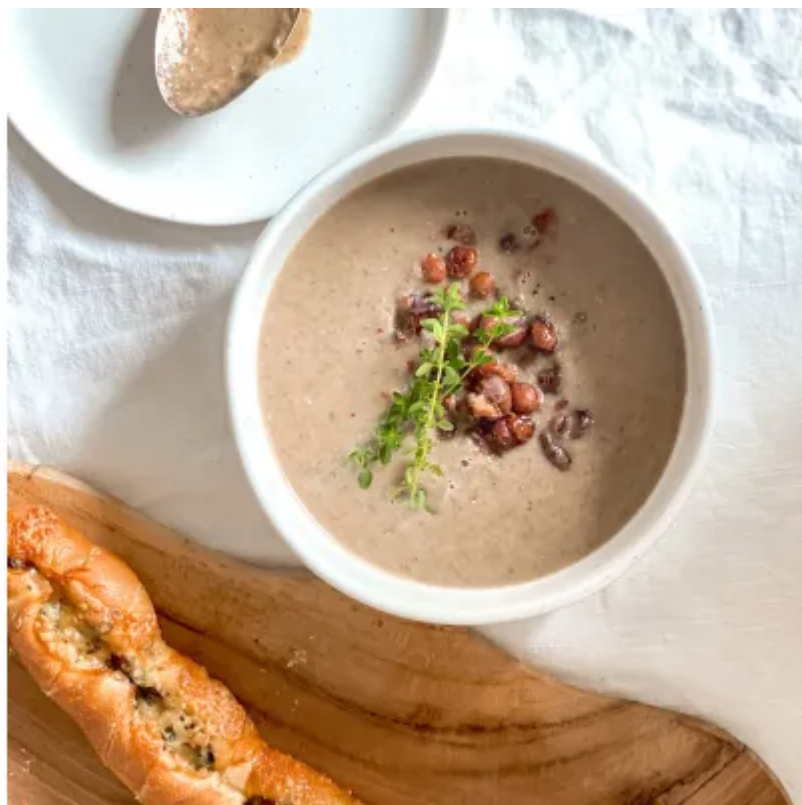


Mushroom Soup with Chickpea Croutons



Discover the benefits of our Mushroom Soup with Chickpea Croutons. A delicious velvety soup, rich in flavors and plant-based proteins. Indulge in this comforting and healthy bowl of goodness today.

Preparation 20 min

Cooking 35 min

Servings 4

Nutrition Facts (per serving)

Calories 295

Fat 10

Carbohydrates 41

Fibre 7

Protein 12

Sodium 400

Ingredients

Chickpea croutons

- 1 can (540 ml) chickpeas, rinsed and drained (or other legumes)
- 15 ml (1 tbsp) vegetable oil
- 10 ml (2 tsp) maple syrup
- 15 ml (1 tbsp) balsamic vinegar

- 5 ml (1 tsp) cumin
- Salt and pepper to taste

Soup

- 15 ml (1 tbsp) vegetable oil
- 1 onion, chopped
- 1 package (227 g) white mushrooms, quartered
- 500 ml (2 cups) yellow potatoes, cubed
- About 8 sprigs fresh thyme
- 1 bay leaf
- 1 L (4 cups) vegetable stock
- 60 ml (¼ cup) nutritional yeast
- Pepper and salt to taste

Preparation

1. Preheat oven to 200 C° (400 F°). Line a baking sheet with parchment paper.
2. In a bowl, mix half of the chickpeas with the remaining ingredients for the croutons. Place on the baking sheet and bake for 35 minutes, making sure to stir halfway through.
3. In a large saucepan over medium-high heat, heat oil, then add onions. Heat for 5 minutes, then add mushrooms.
4. Continue cooking for 5 minutes before adding the rest of the soup ingredients.
5. Cover and simmer over low heat for 20 minutes.
6. Pour into blender until smooth.
7. Pour into bowls and top with roasted chickpeas.



Gabrielle Simard – Créatrice culinaire
Culinary Creator