Light Mushroom Spinach Soup

A creamy, low-carb mushroom soup blended with fresh spinach for a nutritious, high-protein meal perfect for weight loss and muscle maintenance.

Servings: 2 **Time:** 30 minutes

Ingredients

- 8 oz cremini mushrooms, sliced
- 2 cups fresh spinach leaves
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 3 cups low-sodium chicken or vegetable broth
- 1/2 cup unsweetened almond milk
- 1 tablespoon olive oil
- 1/2 teaspoon dried thyme
- Salt and black pepper to taste
- Optional: 1 tablespoon grated Parmesan cheese

Instructions

1. Heat olive oil in a pot over medium heat.
2. Add chopped onion and cook until translucent, about 4 minutes.
3. Stir in garlic and cook for 1 minute more.
4. Add sliced mushrooms and dried thyme; cook until mushrooms soften, about 5-7 minutes.
5. Pour in broth and bring to a simmer. Cook for 10 minutes.
6. Add fresh spinach and cook until just wilted, about 2 minutes.
7. Remove from heat and carefully blend soup until smooth using an immersion blender or in batches with a countertop blender.
8. Return blended soup to pot, stir in almond milk, and heat gently without boiling.
9. Season with salt and pepper to taste. If desired, sprinkle with Parmesan cheese before serving.

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