

ArmadilloPepper.com

Mushroom Ginger Soup

2 to 3 servings

Preparation time: 20 minutes

Microwave cooking time: 12 to 16 minutes

Ingredients

- 1/2 pound fresh mushrooms, wiped clean, sliced very thin
- 1/2 cup minced onion
- 1 large carrot, grated
- 1 teaspoon minced fresh ginger
- 2 cups basic beef stock (see recipe below), or substitute canned broth
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon freshly ground pepper
- Salt to taste
- 2 tablespoons minced fresh cilantro (coriander)
- 2 green onions, white and first 2 inches of green, chopped

Instructions

1. Put mushrooms, onion, carrot and ginger in 3-quart microwave-safe casserole. Cover with plastic wrap vented at one corner. Microwave on high (100 percent power), stirring twice, until mushrooms are tender and have released juices, 8 to 10 minutes.

2. Stir in beef stock. Cover with plastic wrap. Microwave on high until simmering, 4 to 6 minutes. Stir in nutmeg, pepper and salt. Sprinkle with cilantro and green onions. Serve.

NOTE: Soup also can be served cold. Refrigerate, covered, at least 3 hours before serving.

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