Creamy Mushroom Bisque

Source: Dr. Neal Barnard’s Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs by Neal Barnard, MD; recipe by Bryanna Clark Grogan

A food processor turns this soup into a rich, creamy treat with a delightful mushroom flavor.

About the Recipe

91 Calories · 4 g Protein · 3.1 g Fiber
Lunch · Dinner

Ingredients

Makes 4 Servings

- 1 small onion, finely chopped
- 12 oz (340 g) mushrooms, sliced
- 2/3 c (54 g) old-fashioned oats
- 1/2 tsp (2.5 mL) dried thyme
- 1 bay leaf
- 5 c (1,185 mL) low-sodium mushroom broth
- Ground black pepper **optional*
- 2 tbsp (30 mL) dry sherry
- 2/3 tbsp (10 mL) reduced-sodium soy sauce
- Iodized salt **optional*
- Vegan Parmesan cheese substitute **optional*

Directions

1. Steam-fry onion in a heavy nonstick skillet over medium heat until soft but not browned, adding very small amounts of water as needed to prevent sticking

and burning. (Or place in a microwavable dish, cover, and microwave on high for 3 minutes.)
2. Place broth, bay leaf, thyme, and oats in a medium saucepan. Add onion and bring to a boil, then reduce heat to low, cover, and simmer for 20 minutes, or until oats are soft.
3. Meanwhile, steam-fry mushrooms in a large, heavy nonstick skillet over high heat, adding a sprinkle of salt and very small amounts of water as needed to prevent sticking and burning. Cook until mushrooms release and reabsorb their liquid. Remove from heat and set aside.
4. When oats are soft, remove bay leaf and puree the soup until creamy with a hand-held blender or in batches in a blender or food processor. (Remove the middle part of the blender or food processor's lid so hot air can escape. Cover the hole loosely with a folded clean cloth while blending.)
5. Return the soup to the pan and add mushrooms, soy sauce, sherry, if using, salt, black pepper, and vegan parmesan substitute, if using. Serve hot.

Nutrition Facts

Per serving (1/4 recipe)

Calories: 91
Fat: 1.2 g
Calories from Fat: 11.7%
Cholesterol: 0 mg
Protein: 4 g
Carbohydrates: 17.8 g
Sugar: 4.2 g
Fiber: 3.1 g
Sodium: 567 mg
Calcium: 26 mg
Iron: 2 mg
Vitamin C: 4.5 mg
Beta-carotene: 751 mcg
Vitamin E: 0.4 mg