

Judi's Recipe Club



Black Bean Mushroom Soup with Avocado

This easy, silky black bean mushroom soup is loaded with warming, savory flavor. Topped with a delicate lime cream and loads of buttery avocado.

Cooking Instructions

Warm a skillet over high heat. Add the olive oil. When the oil is hot, add the mushrooms and onion and saute until the onion softens and both veggies begin to brown on the edges. Remove from heat and set aside.

Add the black beans, veggie broth, nutritional yeast and spices to a blender. Blend from low to high until smooth -- or chunky to your preferences. Next, blend in the onion, garlic and mushrooms. You can either lightly pulse and create a chunky soup or you can fully blend to create a silky smooth soup like I did. Add more broth if desired for a thinner texture.

Pour the soup into a soup pot and add bay leaf. Simmer on low for 10-15 minutes before serving.

You can adjust the texture and thickness by adding more or less broth -- or you can add a third can of black beans for more beany texture and flavor. OR if you want more mushroom flavor, add additional mushrooms and adjust broth as desired. You can also play around with these spices if you want by adding more chipotle for a spicier soup, etc.

For the cream: Combine the vegan mayo and warm water. Then add in 1-2 tsp lime juice and a pinch of zest. Whip until smooth.

To serve: Pour soup into bowls and top with a drizzle of the lime cream. Then add the diced avocado. Also add a generous squeeze of fresh lime juice and a lime slice as garnish. Optional: tomatoes or chunky salsa and crushed tortilla chips

Other topping ideas: diced red onion, roasted corn, sliced jalapeño, vegan cheese shreds, cashew cream, guacamole, skillet mushrooms, vegan tempeh bacon or shiitake bacon... just to name a few!

We added a can of diced green chilies

Original Recipe:
Kathy Patafsky at luchbox.com

Ingredients

2 cans black beans, **drained**
3 cups vegetable broth **cup additional if desired**
1/2 cup nutritional yeast
1/2 tsp smoky paprika
1/4 tsp chipotle powder
1/8 tsp black pepper
1/4 tsp salt
1 tsp extra virgin olive oil
2-3 cups shiitake and maitake mushrooms, sliced **(or any variety)**
1 small onion, diced
3 cloves garlic
1 avocado, diced
1/3 cup vegan mayo
2 limes
1 tomato **(diced)**
or chunky salsa **(optional)**
crushed tortilla chips **(optional)**
1 bay leaf
1 Tbsp warm water

Yield: 3 servings

Nutrition

- Calories: 324
- Dietary fiber: 17
- Protein: 28
- Fat: 4

Our Rating ...



21 day
FIX Container Count

3 Yellow or red 1/2
tsp
3 Green
1 1/2 orange
(above is without
the chips or mayo)