

Creamy Triple Mushroom & Spinach Soup

Combine cremini, portobello, and button mushrooms, sautéed spinach, and our own creamy flavorful broth, you won't believe how delicious and healthy one soup can be.

Getting Organized

EQUIPMENT

Large Saucepan
With Cover

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

4 MEEZ CONTAINERS

Carrot, Onion & Garlic
Mushrooms
Broth Starter
Spinach

Good to Know

Health snapshot per serving – 375 Calories, 13g Protein, 26g Fat, 25g Carb, 14 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

20 *Minutes to the Table*

15 *Minutes Hands On*

1 Whisks *Super Easy*

INGREDIENTS: Spinach, Half-and-Half, Cremini, Button & Portobello Mushrooms, Carrots, Onion, Garlic, Vegetable Stock, Black Pepper, Basil, Oregano, Rosemary, Dijon Mustard, Tomato

meez meals

1. Sauté the Vegetables

Heat 1½ Tbsp olive oil in a large saucepan over high heat. When the oil is hot, add the **Carrot, Onion & Garlic** to the pot and sauté until they start to brown, about 2 minutes. Add the **Mushrooms** and cook until they start to brown, another 2 minutes. Reduce heat to medium.

2. Cook the Soup

Add the **Broth Starter** and stir thoroughly, making sure to scrape the bits off the bottom of the pot. Bring to a boil, reduce heat to medium, cover and simmer for 8 minutes.

3. Add the Spinach, Finish and Serve

Stir in the **Spinach** and cook until it is soft and wilted, but still bright green, about 2 minutes.

Ladle the soup into serving bowls and enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois