

Low-Carb Spinach & Mushroom Soup

Hands-on 10 minutes Overall 25 minutes



Nutritional values (per serving, about 1 1/4 cups/ 300 ml): Total carbs: 11.7 g, Fiber: 3.3 g,

Net carbs: 8.4 g, Protein: 6.6 g, Fat: 28.8 g, Calories: 319 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 4 servings)

- 1/4 cup butter, [ghee](#) or [extra virgin olive oil](#) (57 g/ 2 oz)
- 1/2 medium yellow onion, diced (55 g/ 1.9 oz)
- 450 g brown mushrooms, sliced (1 lb)
- 2 cups vegetable stock or [chicken stock](#) (480 ml/ 16 fl oz)
- 250 g frozen spinach, defrosted (8.8 oz)
- 1/2 cup heavy whipping cream or [coconut cream](#), divided (120 ml/ 4 fl oz)
- sea salt and ground pepper, to taste

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Instructions

1. Heat butter (or olive oil or ghee) in a large pot over medium heat.
2. Add the onion and cook, stirring occasionally until soft, around 8-10 minutes.
3. Slice the mushrooms. Add mushrooms and continue to cook until the mushrooms start to soften, around 5 to 6 minutes.
4. Squeeze liquid out of the defrosted spinach, and add to the pot, along with the vegetable stock (or chicken stock).
5. Bring to the boil, and then simmer 10 minutes. Remove from heat and stir through half of the cream (or coconut cream).
6. Allow to cool slightly and then either use a stick or stand blender to process.
7. Serve drizzled with extra cream. Store in the fridge up to 5 days, or in the freezer up to 3 months. For extra protein feel free to add some fried halloumi, poached eggs or cooked chicken.

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