

# Mushroom Walnut Soup

With an unusual combination, Mushroom Walnut Soup is an appetizing soup with creamy texture from mushrooms and rich walnuts while contributing protein and fiber, needless to say it wholly nutritious.

**Slurp up!**



Prep+Cook Time: 20 minutes

Serves: 2-3

Meal Type: Soup/Main



## Ingredients:

- 6-8 button mushrooms, sliced (Prophetic food)
- 4 tbsp. walnuts, toasted and roughly chopped
- 1 small onion, chopped
- 1 big clove of garlic, peeled and chopped
- 1 cup reduced fat milk
- 4-5 cloves laung
- 1 tbsp. all-purpose flour
- Salt and pepper as per taste
- 2 tbsp. Olive oil
- 1 teaspoon butter
- 2 cups vegetable or chicken stock, little more if needed

## Method:

1. Heat oil and butter in a pan. Lightly fry the sliced mushroom until light brown.
2. Remove and reserve 1/3rd of the mushroom for garnishing.
3. In the same pan saute the chopped garlic followed by onion until light brown. Let cool.
4. Transfer onion, garlic, mushroom and 2 tbsp walnuts in food processor and liquidise using milk.
5. Heat little more oil, add cloves and the flour and stir for a minute. Slowly add the stock or water. You can adjust the quantity as per your desired consistency.
6. Bring to boil and add the mushroom paste prepared above.
7. Heat through, season with salt and pepper. Remove the cloves from soup if desired.
8. Garnish with the remaining mushroom and walnuts and serve.

\*The Prophet ﷺ said that mushroom is a good cure for the eyes. (Bukhari: 4487, 4639 and 5708).  
However, the type of mushroom referred to in this Hadith should be verified by consulting specialist herbalists.