

RECIPE OF THE WEEK

Mushroom Soup

Ingredients

- 1 packet Ideal Protein Mushroom Soup
- 2 stalks of celery
- 1 cup of Mushrooms
- 1/4 cup of minced spinach
- 1/2 tsp. of minced garlic
- Black Pepper – to taste
- Sea Salt – to taste
- 1 tbsp. Olive Oil



Preparation

1. Start by chopping the celery and slicing the mushrooms
2. Sautee the celery, mushrooms, and spinach with garlic in olive oil on medium heat until celery gets tender
3. While the veggies are cooking, mix 8 ounces of water or low sodium broth with the IP mushroom soup packet
4. Pour the soup on top of the heating vegetables
5. Add black pepper, and sea salt to taste
6. Boil until hot
7. Serve and savor!

