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White Bean and Roasted Mushroom Soup ♦♦

A hearty and flavorful vegetarian soup made with white beans and roasted mushrooms. This soup is perfect for a cozy dinner on a cold winter night.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 40 mins

Total Time: 55 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

250 g	White Beans
200 g	Mushrooms
1000 ml	vegetable broth
100 g	onion
2 cloves	garlic

2 tbsp	olive oil
1 tsp	Thyme
1 tsp	Salt
0.5 tsp	Black pepper
2 tbsp	Lemon juice
10 g	Parsley

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Roasting

Toss the mushrooms with olive oil, salt, and black pepper. Spread them out on a baking sheet and roast for 20 minutes.

Prep Time: 5 mins

Cook Time: 20 mins

Step 3

Sautéing

In a large pot, heat olive oil over medium heat. Add the onion and garlic, and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Simmering

Add the white beans, roasted mushrooms, vegetable broth, thyme, salt, and black pepper to the pot. Bring to a boil, then reduce heat and simmer for 15 minutes.

Prep Time: 5 mins

Cook Time: 15 mins

Step 5

Blending

Using an immersion blender, blend the soup until smooth. Alternatively, transfer the soup to a blender and blend in batches until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Stirring

Stir in lemon juice and adjust seasoning with salt and black pepper. Serve hot, garnished with parsley.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 5 g

Protein: 10 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	8 g	21.05%	32%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	8 mg	72.73%	100%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Seasonality

Winter Fall

Events

Christmas

Cuisines

Italian Vietnamese American

Nutritional Content

High Protein Low Fat Low Carb Low Sodium

Course

Salads

Soups

Snacks

Sauces & Dressings

Demographics

Allergy Friendly

Heart Healthy

Diet

Low FODMAP Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Meal Type

Lunch

Supper

Difficulty Level

Medium

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