

# Indian mushroom soup

## Ingredients

2 Tbsp ghee  
1 onion, finely chopped  
1 carrot, finely chopped  
2 stalks celery, finely chopped  
2 large garlic cloves, peeled and smashed  
1/2 tsp ground turmeric  
1/4 tsp cayenne pepper, or more to taste  
1 tsp ground cumin  
1-1/2 tsp ground cardamom  
2 bay leaves  
1 lb cremini mushrooms, stems trimmed, roughly chopped (you can use portobello or white button mushrooms, or a mix)  
4 cups vegetable or mushroom stock, store-bought or homemade  
2 Tbsp finely chopped cilantro, optional  
1/2 cup Greek yogurt  
Kosher salt and fresh black pepper, to taste

## Directions

In a Dutch oven or stock pot, heat the oil over low-medium heat. Add the onion, carrot, celery, garlic, spices and bay leaves. Cook, stirring frequently, for 4-5 minutes, being careful not to burn the spices. Add the mushrooms, and continue cooking for 5 minutes. As the mushrooms release some of their juices, scrape up any bits of vegetables and spices stuck to the bottom of the pan (yes, the mushroom liquid is deglazing the pan, and this is what builds flavor in the soup). Pour in the stock, and bring the soup to a boil. Then, reduce heat to simmer, and cook, uncovered, for 15 minutes or until the carrots are soft.

Remove the pot from the stovetop, and discard the bay leaves.

With an immersion blender, purée the soup until it's as smooth as you like it. Add in the cilantro and yogurt, and blend again to bring everything together. Taste, and adjust seasoning with kosher salt and fresh black pepper.

Serve hot.