

MARLEY SPOON



Creamy Mushroom & Brown Rice Soup

with Lemon & Spinach



50min



2 Servings

Craving a soup that's creamy, hearty, and packed to the brim with umami? Us too. That's why we're cooking up this creamy mushroom & brown rice soup. Meaty mushrooms and savory mushroom powder come together with onions, carrots, and fresh thyme to build major flavor before simmering away with nutty brown rice. A swirl of mascarpone, handful of spinach, and squeeze of lemon juice add the finishing touch to each cozy bowl.

What we send

- 5 oz brown rice
- 1 yellow onion
- garlic
- ½ lb mushrooms
- 3 oz carrots
- ¼ oz fresh thyme
- 1 lemon
- ¼ oz mushroom seasoning
- 5 oz baby spinach
- 3 oz mascarpone ¹

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium saucepan
- medium pot with a lid

Allergens

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 620kcal, Fat 31g, Carbs 78g, Protein 15g



1. Cook rice

Bring a medium saucepan of **salted water** to a boil. Add **rice** and boil (like pasta!), stirring occasionally, until just tender, 35-40 minutes. Drain in a fine-mesh sieve.



2. Prep vegetables

Finely chop **onion**. Finely chop **1 large garlic clove**. Clean and thinly slice **mushrooms**. Cut **carrots** into ¼-inch pieces. Strip **thyme leaves** from stems and finely chop 1 teaspoon. Zest **lemon**, juice **1 half** into a small bowl. Cut **remainder of lemon** into wedges.



3. Cook vegetables

Heat **1 tablespoon oil** in a large pot over medium heat. Add **mushrooms** and cook, stirring, until mushrooms release their liquid, 5-7 minutes. Add **onion, carrot, and a pinch of salt** and cook, stirring frequently, until onions are softened and carrots are almost tender, 5-6 minutes. Add **garlic** and **thyme**, and cook until fragrant, about 1 minute.



4. Simmer soup

Add **mushroom seasoning** and **2½ cups water** to the pot. Stir to combine. Bring to a boil over high heat. Once boiling, reduce to a simmer and cook, partially covered, until **carrots** are tender, 5-10 minutes. Stir in **rice** and cook until rice is heated through, 1 minute more.



5. Finish & serve

Remove pot from heat. Stir in **spinach, lemon zest, 1 teaspoon lemon juice, and mascarpone**. Stir until mascarpone is melted and spinach is wilted. Season to taste with **salt** and **pepper**. Add more **lemon juice** to taste, if desired.

Spoon into bowls and serve with **lemon wedges** on the side. Enjoy!



6. Check us out!

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