

Mushroom-Spinach Soup with Middle Eastern Spices

Adapted from Melissa Clark

This is a hearty, chunky soup filled with bits of browned mushroom and silky baby spinach. A combination of sweet and savory spices – cinnamon, coriander and cumin – gives it a deep, earthy richness. To get the best flavor, use several kinds of mushrooms and cook them until they are dark golden brown and well caramelized.

4 servings

6 tablespoons ghee or extra-virgin olive oil
1 ¼ pounds mixed mushrooms (such as cremini, oyster, chanterelles and shiitake), chopped, (8 cups)
½ pound shallots, finely diced (2 cups)
1 tablespoon tomato paste
2 teaspoons chopped fresh thyme leaves
1 ½ teaspoons ground cumin
1 teaspoon ground coriander
½ teaspoon ground cinnamon
Pinch ground allspice
1 ½ teaspoons Celtic sea salt, more to taste
1/2 teaspoon black pepper
5 ounces baby spinach, coarsely chopped

- Heat 3 tablespoons ghee or oil in a large pot over medium-high heat. Add half the mushrooms and half the shallots; cook, stirring occasionally, until most of the liquid has evaporated and the mushrooms are well browned, 10 to 12 minutes. Transfer mushrooms to a bowl and repeat with remaining ghee, mushrooms and shallots.
- Return all mushrooms to the pot and stir in tomato paste, thyme, cumin, coriander, cinnamon and allspice; cook until fragrant, about 1 minute.
- **Stir in 5 cups water**, the salt and the black pepper. Bring mixture to a simmer over medium heat and cook gently for 20 minutes.
- Stir in baby spinach and let cook until just wilted, 1 to 2 minutes.
- Using an immersion blender or food processor, coarsely purée soup. Thin with water, as needed. Taste and adjust seasoning, if necessary.
- Serve and enjoy.