

Creamy Mushroom Soup with Egg Ribbons

Skill Level [Easy](#)

Preparation Time 20 minutes

Total Time 40 minutes

Servings 5

Cost Per Serving \$2.45



Ingredients

3 cups	Mixed Mushrooms (any of shiitake, cremini, button etc.), roughly chopped
1 cup	Fennel, roughly diced
4 cups	Mushroom Stock (recipe below)
1/4 cup	Fresh Parsley or Chervil, finely chopped
2 tbsp	Balsamic or Sherry Vinegar
3	Eggs, whisked with 3 tbsp water
1/4 cup	Cream or Yogurt (choose for your needs)
2 tbsp	Olive Oil
1/2 tsp	Sea Salt and Freshly Ground Black Pepper

Mushroom Stock

1/2 cup	Dried Mushroom (porcini or shiitake)
1 tbsp	Tomato Paste
3	Bay Leaves
5	Thyme Sprigs
4 cups	Boiling Water
1/2 tsp	Sea Salt and Freshly Ground Black Pepper

Directions

1. Pour the boiling water over all the stock ingredients in a pot or glass jar and let sit for at least 20 minutes. Strain the ingredients before adding to soup. Use the dried mushrooms in the soup.
2. In a soup pot over medium heat, add olive oil.
3. Add fennel and saute for about 5 minutes. Add mushrooms and seas with salt and pepper. Saute for another 5 minutes.
4. Add balsamic vinegar and stock and simmer for 20 minutes. Blend until smooth and creamy. Finish with cream or yogurt.
5. To prepare the egg ribbons, whisk eggs and water together. Add salt, pepper, and chopped herbs.
6. Add a little oil in a non-stick sauté pan over medium heat. Pour a little egg mixture and work around the bottom of the pan, much like a crepe. It should not take long to cook.
7. Gently peel the egg off the pan. Roll into a log and slice into ribbons. Serve on top of the soup.

Nutrition

- Pancreatic cancer and its treatment can reduce your appetite, making it challenging to eat enough to nourish yourself. Get calories and protein into every bite and sip with boosters such as cream, full-fat Greek yogurt, olive oil, grated cheese and eggs.
- Liquids such as soups and smoothies can be easier to manage when you aren't feeling well. Make a large batch of this soup and divide into smaller portions to freeze for later or to enjoy throughout the day. Try eating every 2 hours to help increase your energy levels and get the nutrition you need.

- Mushrooms such as shiitake may help boost the immune system and lower inflammation which may help slow tumour growth. In one small study, taking lentinan, the type of sugar found in shiitake mushrooms, helped extend survival of people with pancreatic, stomach and liver cancers. More research is needed with larger groups of people to back up this finding.

Nutrition Facts	
Valeur nutritive	
Serving Size (282 g) / Portion (282 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 9 g	14 %
Saturated / saturés 2 g + Trans / trans 0 g	10 %
Cholesterol / Cholestérol 110 mg	
Sodium / Sodium 560 mg	23 %
Carbohydrate / Glucides 7 g	2 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	15 %
Calcium / Calcium	6 %
Iron / Fer	10 %