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3 “Souper” Ways to Include Mushrooms this Season

Elevate soup season with fresh, umami-rich mushrooms

Redwood Shores, CA (October 24, 2016) – Feeling the fall chill? Warm up these cooler days with fresh mushrooms. Whether you’re cooking a weeknight dinner or prepping for a holiday party, incorporating umami-rich mushrooms into your favorite comfort foods is the perfect way to sneak in an extra serving of vegetables – and a boost of flavor – this season.



Adding vitamin D into our diets this time of year is essential to coping with shorter days and longer nights. Thankfully, mushrooms, such as maitake are packed with vitamin D, which helps the body absorb calcium and maintain bone strength.

The Mushroom Council shares three “souper” versatile recipes fit for the season:

- Vegetarian? Toss your favorite mushrooms into this [Creamy Mushroom & 3 Bean Soup](#). The protein and fiber from the beans will keep you full and focused for hours.
- Fall [Cream of Mushroom Soup](#): Take this comfort classic up a notch by adding fresh button, baby portabella, shiitake and oyster mushrooms into the mix.
- Whip up a batch of this rich, non-dairy [Roasted Mushroom Parsnip Soup](#) for dinner and savor the flavor of sweet parsnips and herbaceous thyme.

Hungry for more? Find other seasonal recipes at mushroominfo.com.

About The Mushroom Council

The Mushroom Council is composed of fresh market producers or importers who average more than 500,000 pounds of mushrooms produced or imported annually. The mushroom program is authorized by the Mushroom Promotion, Research and Consumer Information Act of 1990 and is administered by the Mushroom Council under the supervision of the Agricultural Marketing Service. Research and promotion programs help to expand, maintain and develop markets for individual agricultural commodities in the United States and abroad. These industry self-help programs are requested and funded by the industry groups that they serve. For more information, visit mushroomcouncil.org.

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