

Crock Pot Mushroom-Spinach Soup with Middle Eastern Spices



So it's Saturday and I've got a date with this really fungi... haha, get it?! I'm making a mushroom soup!

This version is an adaption of [a recipe from the New York Times](#), it is not my original creation. But I saw the recipe online and thought... this looks delicious, but has WAY TOO MANY steps. Let's make it easy and throw it all in the [crock pot](#) instead. And guess what. Yup. It works just perfectly without the extra hassle and dirty dishes.

There are so many wonderful varieties of mushrooms, you can change up the the recipe a million different times for different texture and flavor results. Play around with it. I have increased the quantity of seasonings after reading reviews saying that it needed a little more umphh. I don't think that's a technical culinary term, but neither is WOW or YUM and those are the things I'm going for here! I've added links for you to my [favorite brand of seasonings](#), just in case you don't already have these items on hand.

Try this soup with a dollop of plain greek yogurt and some

naan or pita bread. Enjoy!

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Prep Time: 20 minutes

Cook Time: 7 hours

Serves: 8 people

~1-1.5 lbs fresh mushrooms- cleaned and diced=about 5-6 cups

(try button, cremini, portobello, Baby Bella, etc)

1/4 lb shallot (one) finely diced

2 T. tomato paste

3 T. salted butter

2 t. dried [thyme](#)

1 1/2 t. [coriander](#)

2 t. [cinnamon](#)

2 t. [cumin](#)

1 t. salt

1/2 t. freshly cracked black pepper

5 cups water

5 ounces fresh baby spinach

1 lime

plain greek yogurt (optional)

Dice mushrooms and shallots and stir together in [crock pot](#). Add seasonings, tomato paste, and butter. Pour water in, but

do not stir. Cook on low for 6 hours- you may lift the lid and give it a stir after the butter appears to be completely melted.

After 6 hours, add the spinach and squeeze about 2 T. of fresh lime juice into the crock pot, give it all a stir, and heat on low for up to one more hour... or until spinach is wilted. Serve with a dollop of plain greek yogurt.