



Makes 6 cups
Preparation Time: 10 minutes
Cook Time: 15 minutes

INGREDIENTS:

1 clove garlic, peeled and thinly sliced

1 stalk lemongrass (see tip, recipe intro)

4 cups low-sodium vegetable broth

1 lb. kabocha squash, peeled and cut into bite-size pieces

¼ cup dried shiitake mushrooms, rinsed

4 oz. fresh spinach leaves, roughly chopped

1 scallion, thinly sliced

2 tablespoons roughly chopped fresh cilantro

Thai Lemongrass Soup with Mushrooms, Squash, and Greens

A handful of humble ingredients are simply prepared in this fresh, invigorating soup inspired by the cuisines of [Thailand's](#) mountainous northern provinces. A lemongrass- and garlic-infused broth anchor the flavors, while dried [shiitake](#) mushrooms add umami goodness, kabocha squash lends sweet notes, and spinach rounds things out. Low in calories, this is perfect as a starter soup or a light meal when you're sick. Feel free to substitute as needed: kohlrabi or butternut squash for the kabocha squash; Swiss chard for the spinach; or Thai basil for the cilantro.

Tips

Lemongrass hack: If you have a spice- or tea-infuser ball, thinly slice the lemongrass, place it in the ball, and add to the broth. Thinly sliced lemongrass will add more flavor than the large pieces of lemongrass.

Substitutes: You can use butternut squash, acorn squash, or kohlrabi in place of the kabocha squash. Swiss chard will work just as well as spinach. And if you're not a fan of cilantro, you can swap in Thai basil.

For more inspiration, check out these tasty ideas:

- [Wild Mushroom Soup with Rosemary](#)
- [Thai Vegetable Noodle Soup](#)
- [Thai Noodle Soup](#)
- [Red Curry Noodle Soup](#)

By Cameron Stauch

- 1 In a medium pot bring garlic and ¼ cup water to a simmer. Cook over medium 5 minutes or until water evaporates and garlic softens.
- 2 Meanwhile, cut lemongrass in half crosswise, then cut the root end in half lengthwise. Gently smash the top section of the lemongrass with the back of a chef's knife to break it up a bit.
- 3 Add lemongrass, vegetable broth, squash, and mushrooms to pot. Bring to boiling; reduce heat to medium-low. Cover and simmer 15 minutes or until squash is tender.
- 4 Uncover pot. Using a slotted spoon, scoop out and discard lemongrass. Scoop out mushrooms and transfer to a cutting board. Trim and discard any hard stems, then thinly slice mushroom caps. Return mushrooms to pot. Add spinach; cook 2 minutes or until spinach wilts. Stir in scallion and cilantro. Serve immediately.