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Soup's on

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THE DIRT ON MUSHROOMS

- MUSHROOMS ARE RICH IN SELENIUM
- MUSHROOMS CONTAIN BETA-GLUCAN, A FORM OF SOLUBLE DIETARY FIBER
- MUSHROOMS ARE RICH IN B VITAMINS: RIBOFLAVIN, NIACIN, AND PANTOTHENIC ACID.

Healthy Cream of Mushroom Soup

As the weather starts to get cooler, there is nothing more comforting than a creamy bowl of soup after a long day. The heartiness of the mushrooms add depth and richness to this lightened up classic.

HEALTHY CREAM OF MUSHROOM SOUP

RECIPE COURTESY OF EATINGWELL.COM

Ingredients

- 2 ½ pounds cleaned and sliced fresh mixed mushrooms
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 1 ¼ teaspoons kosher salt
- ½ teaspoon black pepper
- ½ cup chopped shallots
- ½ cup chopped scallions
- 3 tablespoons all-purpose flour
- 2 ½ cups unsalted vegetable stock
- 2 ½ cups whole milk
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh tarragon

Instructions

1. Roughly chop mushrooms. Add oil and butter to a large, heavy pot and cook over medium-high until butter melts. Add mushrooms, salt, and pepper; cook, stirring often, until mushrooms are deeply browned and most of the moisture has evaporated, 8 to 10 minutes.

2. Add shallots and scallions; cook, stirring often, until softened, about 4 minutes. Add flour and stir to combine. Add stock and milk, stirring and scraping to loosen any browned bits from bottom of pot. Let mixture come to a low boil and cook, stirring occasionally, until broth thickens, about 5 minutes. Remove from heat. Transfer half of mixture to a blender. Secure lid on blender and remove center piece to allow steam to escape. Place a clean towel over opening and process until almost smooth; return to pot. Stir in parsley and tarragon; serve hot.



Nutrition Facts

Serving Size: 1 1/3 Cups
Per Serving: 212 calories
Fat: 12g 19% DV
Saturated fat: 5g 25% DV
Sodium 485mg 19% DV
Carbohydrates 19g 6% DV
Dietary fiber 3g 12% DV
Sugars 10g
Protein 10g 20% DV
Calcium 146mg 15% DV
Potassium 820mg 23% DV