

MUSHROOM AND WILD RICE SOUP

From Victoria Topham

Owner/Chef

Pinon Market. Salt Lake City, UT

Serves 6

Ingredients

1oz dried wild mushrooms

3C chopped mushrooms

1C finely chopped onions

2T olive oil

4C chicken or vegetable stock (either homemade or low sodium canned)

3T flour

2T soy sauce

1C skim milk

1C buttermilk

Fresh thyme

½ C cooked wild rice

½ C sliced mushrooms (optional for garnish)

Salt and pepper to taste

Method

Place wild mushrooms in a bowl and cover with boiling water. Let rest 20-30 minutes.

Carefully strain liquid and reserve mushrooms and liquid separately.

*Note: be careful to leave sand and grit from dried mushrooms in bottom of bowl.

In saucepan, heat olive oil and sauté fresh mushrooms and reconstituted mushrooms and onions until mushrooms are softened and slightly browned.

Add flour and cook, stirring constantly, 2-3 minutes.

Wisk in stock and thyme and then simmer 30 minutes.

Puree soup.

Add soy sauce, skim milk, buttermilk, and cooked wild rice.

Optional: Sauté sliced mushrooms for garnish.

Ladle into heated bowls. Garnish with wild mushroom slices if desired and then serve.

Diabetes Meal Plan Exchanges

Starches 1

Fat 1

Protein 1

Nutrition Facts

Serving Size 1/6 of recipe (297g)

Amount Per Serving

Calories 120 Calories from Fat 43

% Daily Value*

Total Fat 5g 7%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 1mg 0%

Sodium 730mg 30%

Total Carbohydrate 14g 5%

Dietary Fiber 1g 4%

Sugars 4g

Protein 7g

Vitamin A 4% • Vitamin C 6%

Calcium 11% • Iron 7%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

NutritionData.com