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Health Recipes

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A WARM AND HEALTHY NEW YEAR

Portobello, white button, and porcini mushrooms come together in this rich and versatile soup. Make it as a hearty appetizer or serve it next to a salad or sandwich for the perfect meal pairing. These varieties are rich in antioxidants and feature potassium, selenium and B-vitamins.

Marvelous Mushroom Soup

- 2 cups boiling water (for dried mushrooms)
- 1 (2-oz.) package dried porcini mushrooms
- 2 Tbsp. olive oil
- 1 Tbsp. unsalted butter
- 4 cups sliced yellow onions
- 1/2 cup fresh parsley, chopped (set aside 1 Tbsp. for garnish)
- 2 sprigs of thyme
- 6 cloves garlic, minced
- 8 oz. Portobello mushroom caps, chopped (about 4 cups)
- 3 (8-oz.) packages pre-sliced white button mushrooms
- 5 cups fat-free, reduced-sodium chicken broth
- 1 bay leaf
- Salt and freshly ground black pepper, to taste
- 1/4 cup 2% milk
- 1/4 cup reduced-fat sour cream

Combine boiling water and porcini in bowl. Cover and let stand 30 minutes or until tender.

Heat oil and butter in large stockpot over medium-high heat. Add onion and sauté 5 minutes. Add parsley, thyme sprigs and garlic and sauté 5 minutes. Add Portobello and button mushrooms. Cook 15 minutes, stirring occasionally.

Add porcini mixture, broth and bay leaf. Bring to a boil then reduce heat and simmer 30 minutes. Stir in salt and black pepper and let stand 5 minutes. Remove thyme sprigs and bay leaf.

Place 1/4 of mushroom mixture in a blender and process until smooth. Pour pureed soup into large bowl. Repeat



procedure with remaining mushroom mixture. Fold in milk until blended and creamy.

Serve, garnished with fresh parsley and sour cream.

Makes 8 servings.

Per serving: 150 calories, 6 g total fat (2 g saturated fat), 16 g carbohydrate, 7 g protein, 3 g dietary fiber, 340 mg sodium.

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The American Institute for Cancer Research (AICR) is the cancer charity that fosters research on diet and cancer prevention and educates the public about the results.

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American Institute for Cancer Research, 1759 R Street, NW, Washington, DC 20009

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