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**Print Recipe** 

## 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.

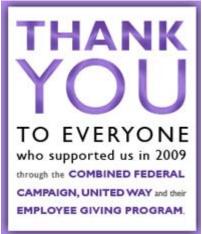
## Marvelous Mushroom Soup

- 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

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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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