

Wild Mushroom Soup

Ingredients

1/2 teaspoon olive oil
1 medium onion, diced
1 celery rib, diced
1 pound white mushrooms, chopped
1 medium all-purpose potato, cut into ½-inch cubes, or 1 baked russet potato, crumbled
3 garlic cloves, chopped
1 tablespoon chopped fresh oregano
4 cups Basic Vegetable Stock
Low-sodium soy sauce
Freshly ground black pepper
1/4 pound shiitake, chanterelle or oyster mushrooms, stemmed and thinly sliced
2 scallions, thinly sliced

1. In a large saucepan or stockpot, heat the olive oil over medium heat and sauté the onion and celery for about 5 minutes, until the onion is golden. Add the mushrooms, potato, garlic and oregano and sauté for about 5 minutes. Add the stock and simmer for about 15 minutes or until the potato is tender.
2. Transfer to a blender or food processor and process until smooth. Return to the pot and heat through. Adjust the consistency with stock if necessary. Season to taste with soy sauce and pepper.
3. Spray a sauté pan with vegetable oil spray, and sauté the wild mushrooms over medium heat until the released juices reduce slightly. Ladle the soup into warmed bowls and garnish with the sautéed mushrooms and scallions. Makes 8 servings

Nutrition information (per serving)

114 calories, 1 g total fat, 0 g saturated fat, 0 mg cholesterol, 4 g protein, 23 g carbohydrates, 2g fiber, 16 mg sodium.

NOTE:

Recipe reprinted from *The Rancho La Puerta Cookbook*. To increase calories, consider adding heavy cream in step 2.