

# Recipe for

## Low-Cal Mushroom Soup



### INGREDIENTS

1 tbsp extra virgin olive oil  
1 tbsp butter (optional)  
1 large or 2 medium onions  
24 oz white mushrooms  
24 oz any other type of mushrooms  
8 c low sodium chicken broth  
8 c vegetable broth  
2 cups water  
2-4 stems fresh thyme  
2-4 bay leaves  
1 cup dry wild rice (or blend)  
Salt and pepper to taste



NUMBER OF SERVINGS: 18

SERVING SIZE: 1 CUP

CALORIES PER SERVING: 75

### DIRECTIONS

1. Heat a large pot (6-8 quart) and then add olive oil and butter (omit butter to keep calories to 75 per cup).
2. Dice onion and sauté in the oil on medium high heat until soft, stirring frequently.
3. Add to pot sliced mushrooms, thyme, bay leaves, salt and pepper (I love pepper and add about a tablespoon) and sauté and stir on medium heat until soft (10-15 min.)
4. Add broth (any flavor will do) and water to pot and increase heat.
5. Bring to a boil, then reduce heat and simmer for at least 20 minutes.
6. Remove thyme stems and bay leaves.
7. Bring back to boiling and add dry rice. Reduce heat and simmer according to the directions on the rice (about 45 min).
8. We serve this soup warm with sliced apples, salad, or a toasted English muffin with Greek seasoning on the side. Hope you enjoy!

*Note: This soup freezes really well. I fill 4 1/2 (4 cup) containers, label with calories noted, and freeze for up to 3 months.*