

Sherried Mushroom Soup

Source: Cooking Light Magazine

The intense flavor of this soup dictates a small serving size of 1/2 C

INGREDIENTS:

For the Broth:

2 TBS butter
1 TBS chopped fresh thyme
1 lb shallots, coarsely chopped
6 (14 1/2-oz) cans fat-free, less-sodium chicken broth
2 oz dried porcini mushrooms

Remaining ingredients:

2 C thinly sliced shiitake mushroom caps (about 4 oz)
3/4 C dry sherry
3 TBS chopped fresh chives

To prepare broth, melt butter in Dutch oven over medium heat. Add thyme + shallots; cook 10 minutes or till shallots are golden brown. Stir in chicken broth + porcini mushrooms; bring to boil. Reduce heat; simmer 1 hour, uncovered. Strain broth mixture through sieve into bowl - discard solids.

Return broth mixture to pan. Stir in shiitake mushrooms + sherry; cook 10 minutes over low heat. Stir in chives. Serve immediately.

12 servings (serving size: about 1/2 C)

Nutrition Facts (per serving): **Calories:** 52 **Fat:** 2g **Carbohydrates:** 3g **Cholesterol:** 5mg **Sodium:** 401mg **Protein:** 3g **Fiber:** 0g **% Cal. from Fat:** 35% **% Cal. from Carbs:** 23%