

## **CREAM OF MUSHROOM SOUP**

**SOURCE:** Weight Watchers New Complete Cookbook

### **INGREDIENTS:**

1 lb mushrooms, coarsely chopped (about 4 C)    3 C low-sodium chicken broth  
1 tsp vegetable oil    2 onions, chopped  
1 carrot, peeled/thinly sliced    1 celery stalk, finely chopped  
1 C evaporated skimmed milk    3 TBS whole-wheat flour  
3/4 C finely chopped parsley  
1/4 tsp dried thyme leaves, crumbled  
1/4 tsp dried marjoram leaves, crumbled  
Freshly ground pepper, to taste

### **DIRECTIONS:**

In medium saucepan, combine 3 C of the mushrooms with 1 1/2 C of the broth - bring to boil - reduce heat & simmer, covered, about 20 minutes. Transfer to blender or food processor - purée - return to saucepan.

Meanwhile, in large nonstick skillet, heat oil - sauté onions, carrot & celery till softened (about 5 minutes). Add remaining mushrooms - cook, stirring occasionally, till vegetables are wilted (about 10 minutes). Add to mushroom puree in saucepan, along with remaining broth.

In small bowl, whisk milk & flour till smooth - whisk into mushroom mixture. Bring to simmer, stirring constantly (do NOT let soup boil). Reduce heat & simmer, stirring occasionally, about 15 minutes. Add parsley, thyme, marjoram & pepper - simmer 5 minutes.

Makes 4 servings

(per serving: 157 calories; 4g total fat; 1g saturated fat; 3mg cholesterol; 190mg sodium, 25g total carbohydrates; 4g dietary fiber; 11g protein, 234mg calcium - WW points per serving: 3)