



## **Mushroom and Wild Rice Soup**

**Serves 6**

1 oz dried wild mushrooms  
3 cups chopped mushrooms  
1 cups finely chopped onions  
2 Tbsp olive oil  
4 cups chicken or vegetable stock (either homemade or low sodium canned)  
3 Tbsp flour  
2 Tbsp soy sauce  
1 cup skim milk  
1 cup buttermilk  
Fresh thyme  
½ cup cooked wild rice  
½ cup sliced mushrooms (optional for garnish)  
Salt and pepper to taste

Place wild mushrooms in a bowl and cover with boiling water. Let rest 20-30 minutes. Carefully strain liquid and reserve mushrooms and liquid separately.

\*Note: be careful to leave sand and grit from dried mushrooms in bottom of bowl.

In saucepan, heat olive oil and sauté fresh mushrooms are softened and slightly browned. Add flour and cook, stirring constantly, 2-3 minutes. Wisk in stock and thyme and then simmer 30 minutes.

Puree soup. Add soy sauce, skim milk, buttermilk, and cooked wild rice.

Ladle into heated bowls. Garnish with wild mushroom slices if desired and then serve.

### **Nutritional Analysis**

Serving Size: 1 waffle

|               |       |
|---------------|-------|
| Calories      | 120   |
| Fat           | 5g    |
| Saturated Fat | 1g    |
| Cholesterol   | 1mg   |
| Sodium        | 730mg |
| Carbohydrates | 14g   |
| Dietary Fiber | 1g    |
| Protein       | 7g    |
| Sugars        | 4g    |

### **Diabetic Exchanges:**

|          |   |
|----------|---|
| Starches | 1 |
| Fat      | 1 |
| Protein  | 1 |