

Mushroom Soup and Salad

With the arrival of cooler evenings, a nice mushroom soup is the perfect fit tonight. The mouth watering rich and savory aromas of browned onions and mushrooms will fill your kitchen. This soup is seasoned with bay leaf, touches of rosemary and thyme and a whisper of butter. A side salad and artisan bread or rolls completes the meal.

I suggest finishing your meal with a freshly sliced pear. However, there're still other seasonal fruit choices available.

Preparation time: 1 hour and 30 minutes - Serves: 4

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients on small plates or in bowls so they are easily added. Soup is always an easy meal to make when you're well organized. There are 3 different broth preps today. You'll use 2 C. "Better Than Bouillon Vegetable Base," 1 C. "Better Than Bouillon Mushroom Base," and 2 C. boxed low-sodium vegetable broth.

Mushroom Soup

2 tsp. Better the Bouillon Vegetable Base
dissolved in
2 C. boiling water

1 tsp. Better Than Bouillon Mushroom Base
dissolved in
1 C. boiling water.

2 tsp. olive oil
1 clove garlic (smashed and chopped)
1 C. yellow onion (chopped)
1 lb. cremini mushrooms (washed and sliced)
1-1/2 C. white wine
1 tsp. dry thyme leaves
1/2 tsp. dry rosemary leaves (ground fine)
2 T. balsamic vinegar

2 C. low-sodium vegetable broth
1 bay leaf

2 tsp. butter

2 T. cornstarch
mixed with
1/2 C. water

Salad and Dressing

Fixings for a green salad

Basil Vinaigrette Dressing:

1 clove garlic (smashed and chopped)
1/4 C. yellow onion (chopped)
1/3 C. low-sodium vegetable broth
2 T. balsamic vinegar
2 T. olive oil
1/4 C. fresh basil (chopped)
1 tsp. low-sodium soy sauce
1 tsp. prepared mustard

Bread/Garnish/Finish

1 loaf artisan bread or rolls

Garnish:

1/3 C. plain nonfat yogurt

Finish:

2 pears (cored and sliced)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

When it comes to soup, it's best to prepare it early and let it rest.

Start by putting a 3 C. water on to boil. Use 2 C. water to dissolve 2 tsp. Better Than Bouillon Vegetable Base. Use 1 C. boiling water to dissolve 1 tsp. Better Than Bouillon Mushroom Base.

Mushroom Soup

1. Sauté and brown garlic, onions and mushrooms in oil in a deep soup kettle. When browned, add wine, thyme, rosemary and vinegar and toss while rubbing the bottom of the pan to deglaze the brownings. Add the 2 C. Better Than Bouillon Vegetable Broth and bring to a boil. Reduce heat to medium, cover and cook 15 minutes.
2. Remove from heat and toss a cup of ice cubes into the mixture. When the ice has melted, blend the mushroom mixture in a food processor about 2 minutes until creamy smooth.
3. Transfer back to the soup kettle. Add 1 C. "Better Than Bouillon" Mushroom broth, 2 C. boxed low-sodium vegetable broth and bay leaf. Return to a boil, reduce heat to medium-low, and cook another 15 minutes. You've now added all 3 broth varieties to the soup.
4. Stir in butter and cornstarch mixture. The soup will only thicken slightly. The cornstarch stabilizes the mixture to create a better consistency. Return to a boil, reduce heat to low and cook 5 minutes. Stir well and remove from heat until ready to dine.

Salad and Dressing

Make green side salads on individual plates.

Basil Vinaigrette Dressing:

Combine all dressing ingredients in a food processor and blend until smooth.

Garnish/Finish

1. About 15 minutes before you wish to dine, wrap bread, or rolls, in foil and warm in a 250° oven.
2. Reheat soup. When it nears a boil, reduce heat to low.
3. Divide soup between four diners. Garnish by swirling 2 T. plain, nonfat yogurt into each bowl. Searve salad and dressing on the side and finish with fresh fruit as a finish.

What I've Learned from this Recipe

Today you again see the term "deglazing" in the recipe. It simply means adding liquid (water, wine or broth) to a pan to bring up brownings on the bottom of a pan. Once liquid is added the cook rubs the bottom of the pan with a spatula or fork to bring up the brown, caramelized material or "glaze" on the bottom of the pan.

Let us know what you think, and ask any questions you have! chezdon@plate6.com