

Vegetarian or Meatless Mushroom Soup

*From John Ladowski, Cooking Instructor,
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Ingredients:

2 oz. dried porcini or cepe mushrooms
2 lg. carrots
1 stalk celery
3 cups water
1/2 cup white wine
2 vegetable bouillion cubes
1/2 stick butter
1 lb. fresh mushrooms, sliced
1 lg. onion, diced
1/4 cup flour
1 qt. whole milk

1/2 cup cooked rice
1 lg. potato, diced and boiled until tender
1 tsp. salt
1/4 tsp. pepper
sour cream and dill for garnish

To Prepare:

Place first six ingredients in a saucepan; bring to boil and then allow to simmer for 30 min. or until veggies are tender. Pour the mixture through a coffee filter (over)

to remove the sand often found in dried mushrooms. Set aside the broth.

In the meantime, saute fresh mushrooms and onion in 1/2 stick melted butter until tender. Add flour to mushroom mixture to form a roux. Pour the prepared broth into the mushroom mixture and stir over low heat until smooth. Slowly add milk, continuing to stir. Add cooked rice, potato, salt and pepper. Simmer for 15 min. over low heat to allow flavors to combine. Serve with a dollop of sour cream and a sprinkling of dill. For a richer soup, use half and half instead of whole milk.

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