

"Cream" of Mushroom Soup

Makes 4 servings.

- ~ 2 cups chopped cauliflower
- ~ 1 cup water
- ~ 1/4 cup each sliced carrots, sliced celery, and chopped onion
- ~ 1 packet instant chicken broth and seasoning mix
- ~ 1 cup skim milk
- ~ 2 tbsp reduced-calorie margarine spread
- ~ 2 cups sliced mushrooms
- ~ 1 garlic clove, minced
- ~ 1 tbsp chopped fresh parsley

In a saucepan, combine the cauliflower, water, carrots, celery, onion, and chicken broth mix. Bring the ingredients to a boil, then reduce heat to low and let simmer until vegetables are tender, about 15 minutes. Remove the mixture from the heat, and stir in the skim milk.

Transfer the mixture into a blender container and process until it's smooth. (You may have to split the mixture into two batches, depending on the size of your blender. Handle with care, the mixture will be warm.)

Again using the saucepan, heat the margarine over medium heat until bubbly and hot; add the mushrooms and garlic and sauté until lightly browned. Add the pureed vegetable mixture and parsley to the mushrooms and cook, stirring occasionally, until mixture is thoroughly heated, 2 to 4 minutes.

Per serving: 70 calories, 4 g protein, 2 g fat, 9 g carbohydrate.