

Indian Rock's Curry Mushroom Soup

Brand Name *Light & Natural Cookbook (1996)*

Servings: 2

light vegetable oil spray
2 leeks, sliced and diced
pinch curry powder (to taste)
2 twists fresh pepper from a pepper mill
2 tablespoons flour
1 cup beef stock
1 cup skim milk
6 mushrooms (2 shiitake, 2 portobello, 2 regular), sliced
1/2 cup parsley, chopped

Lightly spray the bottom of a soup pot with vegetable oil.

Saute' the leeks until tender. Add the curry powder and pepper.

Add the flour and stir until blended. Add the beef stock. Stir well.

Add the milk. Stir well. Simmer until reduced by half.

Add the sliced mushrooms. Simmer very gently for 5 minutes.

Pour into bowls. Top with chopped parsley.

Per Serving (excluding unknown items): 142 Calories; 1g Fat (5.0% calories from fat); 7g Protein; 26g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 1151mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Vegetable; 1/2 Non-Fat Milk.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	142	Vitamin B6 (mg):	.3mg
% Calories from Fat:	5.0%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	74.4%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	20.7%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	1g	Folacin (mcg):	89mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	2mg	% Refuse:	0.0%

Carbohydrate (g):	26g
Dietary Fiber (g):	2g
Protein (g):	7g
Sodium (mg):	1151mg
Potassium (mg):	497mg
Calcium (mg):	227mg
Iron (mg):	4mg
Zinc (mg):	1mg
Vitamin C (mg):	32mg
Vitamin A (i.u.):	1116IU
Vitamin A (r.e.):	161 1/2RE

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	2 1/2
Fruit:	0
Non-Fat Milk:	1/2
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 142 Calories from Fat: 7

% Daily Values*

Total Fat 1g	1%
Saturated Fat trace	1%
Cholesterol 2mg	1%
Sodium 1151mg	48%
Total Carbohydrates 26g	9%
Dietary Fiber 2g	9%
Protein 7g	

Vitamin A	22%
Vitamin C	53%
Calcium	23%
Iron	22%

* Percent Daily Values are based on a 2000 calorie diet.