

Mushroom Soup

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Servings: 4

2 tablespoons olive oil
2 large Vidalia onions, coarsely
chopped
1 package (10 ounces) cremini
mushrooms
1 package (10 ounces) button
mushrooms
salt and black pepper
2 tablespoons butter
6 to 10 cloves garlic, peeled and
coarsely chopped
2 tablespoons dry sherry
4 cups beef broth

Heat the oil in a large skillet over medium-high heat. Add the onions and mushrooms and season well with salt and pepper. Cook the vegetables, stirring often, until cooked down and fragrant, about 8 to 10 minutes.

Add the butter and garlic and cook gently another 1 to 2 minutes. Add the sherry to the skillet and stir to scrape up any bits stuck to the bottom.

Remove the sherry and vegetables to a slow cooker and add the broth.

Cover and cook on LOW for 5 to 6 hours or on HIGH for 3 to 4 hours.

Try experimenting with a variety of mushrooms, but don't use wild mushrooms only. Although they add great flavor, they can be too intense if used exclusively.

Per Serving (excluding unknown items): 209 Calories; 13g Fat (55.7% calories from fat); 12g Protein; 11g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 1342mg Sodium. Exchanges: 1 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	209	Vitamin B6 (mg):	.2mg
% Calories from Fat:	55.7%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	20.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	23.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	13g	Folacin (mcg):	20mcg
Saturated Fat (g):	5g	Niacin (mg):	2mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	9
Cholesterol (mg):	16mg	% Refused:	0.0%

Carbohydrate (g):	11g
Dietary Fiber (g):	1g
Protein (g):	12g
Sodium (mg):	1342mg
Potassium (mg):	479mg
Calcium (mg):	39mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	7mg
Vitamin A (i.u.):	217IU
Vitamin A (r.e.):	53 1/2RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	209	Calories from Fat: 117
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% Daily Values*

Total Fat	13g	19%
Saturated Fat	5g	23%
Cholesterol	16mg	5%
Sodium	1342mg	56%
Total Carbohydrates	11g	4%
Dietary Fiber	1g	5%
Protein	12g	

Vitamin A	4%
Vitamin C	12%
Calcium	4%
Iron	19%

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