



Spinach Mushroom Soup



My wife brought home a bag of fresh mushrooms from Kennett Square, mushroom capitol around here. I decided to make some mushroom soup, first attempt, and scoured the internet looking for something that looked great. I found it at www.pillsbury.com.

My rating: outrageously delicious! So good I will need to make it again soon!

Ingredients:

2 teaspoons butter

1 (8-oz.) pkg. (3 cups) sliced fresh mushrooms

1/2 cup finely shredded carrot

1/2 cup finely chopped onion

1 (14 1/2-oz.) can ready-to-serve chicken broth no sodium added

1 1/2 cups frozen cut leaf spinach, thawed, squeezed to drain

(I used about 3 cups of chopped kale instead of spinach, since it was still doing nicely in my garden in February. After using the kale, I think spinach would be a step down)

1/8 teaspoon nutmeg

dash black pepper

2 cups skim milk *(I used whole milk)*

1/4 cup all-purpose flour

4 oz. fat-free cream cheese (from 8-oz. pkg.), cut into pieces *(I did not go for the fat-free)*

4 oz. (1 cup) shredded reduced-fat Swiss cheese *(I did not go for the reduced fat)*

1. Melt butter in large nonstick saucepan over medium heat. Add mushrooms, carrot and onion; cook and stir 3 minutes. Add broth, spinach (or kale), nutmeg and pepper; mix well.

2 In small bowl, combine milk and flour; blend until smooth. Add to mushroom mixture; cook until bubbly and thickened, stirring constantly. Reduce heat to low. Add cream cheese and Swiss cheese; cook and stir until melted.

My sister made this, and added cumin, old bay seasoning, veggie seasoning, more black pepper and green and yellow bell pepper. It was a hit! Don't be afraid to get creative with this recipe. It is very simple to make, and your imagination can

make it better yet! She suggested that some hot sausage might be another possible addition. I agree, and will add some next time!

www.rediware.com