

New England Style Mushroom Chowder

Author: Amber Gibson



Servings per recipe 8
Serving Size: 4 oz.
Protein per serving: 1.8 g
Calories per serving: 118

Ingredients:

- 1 TBSP Butter, regular or unsalted
- 82 g Diced White Button Mushrooms
- 2 TBSP Butter, regular or unsalted
- 2 clove(s) Garlic, minced
- 75 g Diced Celery
- 75 g Small Diced Carrots
- 1/3 c White Wine
- 2 c Vegetable Broth
- 450 g Small Diced Potatoes
- 1 tsp Bay Leaf, about one leaf
- 1 tsp Old Bay Seasoning
- 1 c Rice Dream, Original
- 1 tsp Cornstarch
- 2 tsp Water
- 2 tsp Parsley, fresh, chopped

Notes: You can use any nondairy milk for this soup, just be sure to adjust the protein. If soup is still a little thin, you can crush some of the potatoes in the soup and it will help to thicken it.

Instructions:

1. In a small skillet melt 1 tbsp butter over medium heat. Add mushrooms and saute until butter has evaporated, about 2-3 minutes. Set aside.
2. In a medium sauce pot over medium heat, melt 2 tablespoon butter. Once melted and beginning to bubble, add the onions and garlic and saute until translucent. Stir constantly to prevent the garlic from burning. Then add the carrots, celery, and garlic. Stir and saute until the vegetables are tender, about 7 minutes. Add the white wine and simmer until the wine is reduced by at least half.
3. Add the broth, potatoes, bay leaf, and old bay seasoning. Bring to a simmer, stirring occasionally, for about 15-25 minutes, until potatoes are tender. Discard bay leaf.
4. Add the rice milk and stir. Mix one teaspoon cornstarch and two teaspoons water in a small bowl until combined. Add to soup and bring to a simmer until soup is slightly thickened. Season with salt and pepper, if desired. Garnish with mushrooms and parsley and serve.