

Mushroom Bisque

Portion Size: 1 cup Yield: 8

Ingredients:

Canola Oil	2 1/2 tbsp	Low Sodium Vegetable Broth	3-2/3 cup
Yellow Onions, diced	1/2 cup oz	White Potatoes, peel on, diced	1 cup
Celery, diced	1/2 cup oz	Whole Milk	1/4 cup
Garlic Cloves, chopped	2 TBSP	Half & Half	2/3 cup
Leeks, diced	1/3 cup	Sherry	3 tbsp
Mushrooms, chopped, fine	1 1/4 cup	Salt	3/4 tsp
Thyme, leaves	2 tbsp	Black Pepper	1-1/4 tsp
All Purpose Flour	2 TBSP		

Preparation:

1. Heat oil in a stock pot over medium heat. Add onions, celery, garlic and leeks, and sweat vegetables until translucent.
2. Add mushrooms, cook mixture stirring constantly until all excess water is cooked out of mushrooms (this step is important to prevent soup from being watery).
3. Add thyme leaves.
4. Add flour and stir to create a roux.
5. Add Low Sodium Vegetable broth slowly incorporating into the roux. Add potatoes and bring to a boil. Turn heat down and simmer for 30 minutes, or until potatoes are cooked.
6. Mix together and warm half and half and whole milk. Set aside.
7. Puree soup. Add sherry, return to a simmer.
8. Add warm half and half and milk, salt and black pepper.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
170	4	6	2.5	2	4	0	180



[FLIK-USA.com/blog](https://www.flik-usa.com/blog)



FLIK Hospitality
Group



@FLIKHospitality