



Mushroom and Leek Soup with Thyme Cream

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



221 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 6 cups chicken broth low-sodium canned
- ☐ 2 pounds crimini mushrooms cut into 1/4-inch-thick slices (10 1/2 cups) (baby bella)
- ☐ 6 tablespoons flour all-purpose
- ☐ 3 teaspoons thyme sprigs fresh chopped
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 3 large leek white green cut into 1/4-inch dice (2 1/2 cups)
- ☐ 1.5 teaspoons salt

☐ 6 tablespoons butter unsalted ()

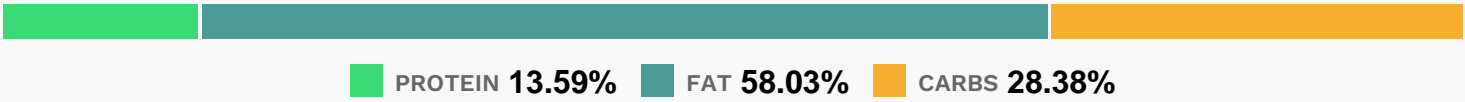
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ hand mixer

Directions

- ☐ Using electric mixer, beat cream just until soft peaks form. Fold in 2 teaspoons thyme. Cover and refrigerate at least 2 hours to blend flavors. (Thyme cream can be made up to 1 day ahead. If cream separates, whisk until soft peaks re-form.)
- ☐ Remove from refrigerator 1 hour before serving to come to room temperature.
- ☐ In 4-quart stock pot over moderately high heat, heat 2 tablespoons butter until hot but not smoking. Working in 2 batches (add 2 more tablespoons butter before second batch), cook mushrooms, stirring occasionally, until lightly browned, about 8 minutes.
- ☐ Transfer to large bowl.
- ☐ In same stock pot over moderate heat, heat remaining 2 tablespoons butter. Stir in leeks, cover, and cook, stirring often, until soft, about 5 minutes.
- ☐ Add cooked mushrooms, sprinkle with flour, and stir until flour is evenly distributed. Stir in stock, then salt, pepper, and remaining 1 teaspoon thyme. Bring to boil, stirring often, then reduce heat to low, set lid ajar, and simmer 20 minutes. (Soup can be made up to 2 days ahead and refrigerated, covered. Reheat before serving.)
- ☐ Divide soup among 8 bowls and top each portion with dollop of thyme cream.
- ☐ Serve immediately.
- ☐ Leeks can be gritty—they need to be washed well before cooking. Chop the white and pale green parts only (the dark green top is bitter and should be discarded), and place them in a bowl of cold water. Stir them briskly to loosen dirt, then let them stand for a few minutes so the grit can sink to the bottom of the bowl. Lift the leeks out of the water, leaving the grit behind, and transfer them to a sieve to drain.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:4.49, Inflammation Score:-8, Nutrition Score:16.378260850906%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 221.19kcal (11.06%), Fat: 15.24g (23.44%), Saturated Fat: 9.18g (57.35%), Carbohydrates: 16.76g (5.59%), Net Carbohydrates: 15.18g (5.52%), Sugar: 3.94g (4.38%), Cholesterol: 39.38mg (13.13%), Sodium: 508mg (22.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.06%), Selenium: 32.29µg (46.12%), Vitamin B2: 0.68mg (40.12%), Vitamin B3: 7.23mg (36.15%), Copper: 0.72mg (35.79%), Phosphorus: 219.17mg (21.92%), Vitamin A: 1074.08IU (21.48%), Potassium: 750.14mg (21.43%), Manganese: 0.4mg (19.92%), Vitamin B5: 1.83mg (18.28%), Vitamin K: 17.22µg (16.4%), Folate: 61.28µg (15.32%), Vitamin B1: 0.18mg (11.73%), Vitamin B6: 0.23mg (11.57%), Iron: 1.96mg (10.87%), Zinc: 1.57mg (10.44%), Calcium: 64.5mg (6.45%), Vitamin C: 5.3mg (6.42%), Magnesium: 25.34mg (6.34%), Fiber: 1.59g (6.34%), Vitamin B12: 0.33µg (5.53%), Vitamin E: 0.7mg (4.69%), Vitamin D: 0.51µg (3.39%)