



Mushroom and Root Vegetable Potpie

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter
- 1.5 tablespoons cornstarch
- 0.3 teaspoon rubbed sage dried
- 0.5 teaspoon thyme leaves dried
- 0.5 cup cooking wine dry white
- 2 cups fat-skimmed chicken broth
- 1 head fennel bulb (4 in. wide)
- 0.5 oz morel mushrooms dried

- 1 pound mushrooms such as common fresh (1 to 4 kinds)
- 1.5 pounds thin-skinned potatoes red scrubbed cut in half ()
- 6 servings salt and pepper
- 0.5 cup shallots chopped
- 1 cup pkt spinach chopped
- 3 turnips rinsed peeled cut into eighths
- 0.3 cup whipping cream

Equipment

- bowl
- frying pan
- oven
- microwave
- spatula

Directions

- Put morels in a microwave-safe bowl; add broth and heat in a microwave oven on full power (100%) until steaming, 6 to 8 minutes.
- Let stand until morels are pliable, at least 10 minutes.
- As morels soak, discard any dirt and debris from fresh mushrooms; trim and discard bruised spots and discolored stem ends (including stems from shiitakes). Quickly immerse mushrooms in water and swish to wash, then lift out and drain (avoid saturating them; they are like sponges).
- Cut mushrooms wider than 1 inch into 1/4-inch-thick lengthwise slices; leave smaller ones whole.
- Melt butter in a 10- to 12-inch frying pan over high heat.
- Add fresh mushrooms, shallots, thyme, and sage; stir often until liquid is evaporated and mushrooms are browned, 8 to 10 minutes.
- Meanwhile, with your hand, squeeze morels in broth to release grit. Lift out and squeeze dry. Carefully pour morel soaking broth into a glass measure without disturbing sediment; leave sediment behind and discard. Measure soaking liquid; if there's less than 1 3/4 cup, add

enough water to make this amount.

- Pour into frying pan. Rinse bowl, return morels to it, cover generously with water, and squeeze morels in water to release any remaining grit. Lift out and squeeze dry; discard water.
- Add morels to frying pan and heat until simmering.
- Rinse fennel; trim off and discard stalks (reserving feathery green leaves), stem end, and bruised spots. Thinly slice fennel head crosswise. Chop 1/4 cup feathery leaves and reserve a few sprigs (discard remainder); cover separately and chill.
- In a 4 1/2-quart or larger electric slow-cooker, combine fennel, potatoes, and turnips.
- Pour hot mushroom mixture over vegetables; add wine. Cover and cook until vegetables are very tender when pierced, 5 to 5 1/2 hours on low, 4 to 4 1/2 hours on high.
- In a small bowl, mix cornstarch and cream. Turn cooker to high.
- Add cornstarch mixture, reserved chopped fennel leaves, and spinach; stir occasionally until sauce is bubbling, 10 to 12 minutes. Season to taste with salt and pepper.
- Spoon mushroom-vegetable stew into deep soup bowls (about 2-cup capacity). With a wide spatula, set a hot gruyere pastry on stew in each bowl.
- Garnish, if desired, with reserved sprigs of green fennel leaves.

Nutrition Facts



PROTEIN 12.75% **FAT 25.56%** **CARBS 61.69%**

Properties

Glycemic Index:43.17, Glycemic Load:4.27, Inflammation Score:-8, Nutrition Score:18.635217521502%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 219.04kcal (10.95%), Fat: 6.2g (9.54%), Saturated Fat: 2.8g (17.5%), Carbohydrates: 33.69g (11.23%), Net Carbohydrates: 27.84g (10.12%), Sugar: 8.99g (9.99%), Cholesterol: 11.21mg (3.74%), Sodium: 621.33mg (27.01%), Alcohol: 2.06g (100%), Alcohol %: 0.61% (100%), Protein: 6.96g (13.92%), Vitamin K: 54.05µg (51.47%), Vitamin C: 31.92mg (38.69%), Potassium: 1185.92mg (33.88%), Copper: 0.53mg (26.34%), Vitamin B3: 5.11mg (25.55%), Manganese: 0.51mg (25.4%), Vitamin B2: 0.43mg (25.11%), Fiber: 5.85g (23.39%), Vitamin B6: 0.45mg (22.52%), Phosphorus: 207.66mg (20.77%), Vitamin B5: 1.86mg (18.58%), Folate: 71.18µg (17.79%), Selenium: 10.68µg (15.26%), Vitamin A: 762.49IU (15.25%), Iron: 2.62mg (14.55%), Magnesium: 57.42mg (14.35%), Vitamin B1: 0.21mg (13.85%), Zinc: 1.23mg (8.22%), Calcium: 78.15mg (7.82%), Vitamin E: 0.54mg (3.62%), Vitamin B12: 0.2µg (3.33%), Vitamin D: 0.43µg (2.87%)