



## Polish Mushroom Soup

READY IN



45 min.

SERVINGS



10

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 ounces kielbasa dried ( 4 to 6)
- 12 large shiitake mushrooms dried
- 3 quarts beef stock homemade
- 5 medium ribs celery chopped
- 2 large onion chopped
- 5 carrots chopped
- 1 pound mushrooms white sliced
- 1 cup orzo pasta
- 2 tablespoons butter unsalted

- 2 tablespoons flour
- 1 cup cream sour
- 2 tablespoons parsley finely chopped
- 2 tablespoons optional: dill finely chopped
- 1 serving pepper black freshly ground

## Equipment

- sauce pan
- whisk
- pot

## Directions

- Rinse dried mushrooms.
- Place mushrooms in 2 cups of cold water, and soak for at least 4 hours or overnight.
- In a large pot, bring stock to a simmer.
- Add celery, onions, and carrots. Strain dried mushrooms, reserving the soaking liquid.
- Add strained soaking liquid to soup. Chop hydrated mushrooms into 1/4-inch pieces slightly larger than diced vegetables, and add to soup.
- Add sliced white button mushrooms.
- Cover, and cook soup until vegetables are tender, about an hour. Bring soup to a boil. Stirring constantly, add orzo. Reduce the heat to a gentle boil, and, stirring occasionally to prevent pasta from sticking, cook until orzo is cooked through, another 6 to 8 minutes.
- Meanwhile, make a roux: Melt butter in a small saucepan over medium heat.
- Add flour, and cook, stirring constantly until smooth, 3 to 5 minutes.
- Remove 1 cup broth from soup, and add roux, whisking constantly until slightly thickened and free of lumps. Stir thickened liquid into soup.
- Add chopped parsley and dill.
- Add 1/4 cup thickened soup to sour cream.
- Whisk until smooth.

- Add sour cream to soup, whisking constantly until it is well incorporated, about 3 minutes. Season to taste with salt and pepper.

## Nutrition Facts



**PROTEIN 19.5%** **FAT 40.49%** **CARBS 40.01%**

### Properties

Glycemic Index:36.18, Glycemic Load:7.41, Inflammation Score:-10, Nutrition Score:18.743043453797%

### Flavonoids

Apigenin: 2.3mg, Apigenin: 2.3mg, Apigenin: 2.3mg, Apigenin: 2.3mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

### Nutrients (% of daily need)

Calories: 251.03kcal (12.55%), Fat: 11.61g (17.86%), Saturated Fat: 5.43g (33.91%), Carbohydrates: 25.81g (8.6%), Net Carbohydrates: 22.99g (8.36%), Sugar: 6.64g (7.38%), Cholesterol: 29.51mg (9.84%), Sodium: 735.84mg (31.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.17%), Vitamin A: 5472.61IU (109.45%), Vitamin B2: 0.57mg (33.6%), Selenium: 21.82µg (31.17%), Potassium: 984.5mg (28.13%), Vitamin B3: 5.55mg (27.73%), Vitamin K: 23.99µg (22.84%), Phosphorus: 222.65mg (22.27%), Copper: 0.44mg (22.24%), Vitamin B6: 0.37mg (18.35%), Vitamin B1: 0.27mg (18.27%), Manganese: 0.3mg (14.96%), Vitamin B5: 1.33mg (13.3%), Magnesium: 47.48mg (11.87%), Fiber: 2.83g (11.31%), Folate: 42.57µg (10.64%), Zinc: 1.54mg (10.29%), Iron: 1.75mg (9.72%), Vitamin C: 7.11mg (8.62%), Calcium: 79.46mg (7.95%), Vitamin B12: 0.21µg (3.5%), Vitamin E: 0.47mg (3.13%), Vitamin D: 0.18µg (1.2%)