



Wild Rice and Mushroom Soup

READY IN



90 min.

SERVINGS



8

CALORIES



294 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 5 tablespoons butter divided at room temperature
- ☐ 8 ounces button mushrooms finely chopped
- ☐ 1 ounce porcini mushrooms dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 tablespoons flat-leaf parsley minced
- ☐ 2 tablespoons flour
- ☐ 0.7 cup heavy whipping cream
- ☐ 1 leek light white green rinsed halved thinly sliced

- ☐ 4 ounces pancetta finely chopped (see Notes)
- ☐ 1 tablespoon salt
- ☐ 4 cups vegetable broth reduced-sodium
- ☐ 0.8 cup rice wild (see Notes)

Equipment

- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Put wild rice, salt, and 8 cups cold water in a medium pot. Bring to a boil, lower heat to maintain a steady simmer, and cook until rice is tender, about 45 minutes.
- ☐ Drain and set aside.
- ☐ Meanwhile, put porcini in a small bowl and pour in 1 1/2 cups boiling water.
- ☐ Let sit until soft, about 15 minutes.
- ☐ In a large pot, cook 1 tbsp. butter and pancetta over medium-high heat until the meat renders some of its fat and turns a lighter pink.
- ☐ Add button mushrooms and leek. Cook, stirring occasionally, until mushrooms give off their liquid, about 10 minutes.
- ☐ Meanwhile, lift porcini from liquid with a slotted spoon (reserving liquid), chop finely, and add to pot.
- ☐ Sprinkle vegetables and pancetta with flour and cook, stirring constantly, until flour starts to stick to the bottom of the pot (scrape it up as much as possible while stirring).
- ☐ Add wine, reserved liquid from soaking porcini (pouring slowly so as to leave any grit behind), and broth. Bring to a boil, then lower heat to maintain a steady simmer and cook 15 minutes.
- ☐ Meanwhile, combine remaining 4 tbsp. butter, the parsley, and pepper. Set aside.
- ☐ Add reserved wild rice to vegetable mixture and cook 10 minutes. Stir in cream and cook until hot, about 1 minute. Divide soup among 8 bowls and serve hot, with a dollop of parsley butter on each serving.

Nutrition Facts



 **PROTEIN 9.29%**  **FAT 62.4%**  **CARBS 28.31%**

Properties

Glycemic Index:40.5, Glycemic Load:7.54, Inflammation Score:-6, Nutrition Score:10.904782720234%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 293.82kcal (14.69%), Fat: 20.24g (31.14%), Saturated Fat: 11g (68.75%), Carbohydrates: 20.66g (6.89%), Net Carbohydrates: 18.2g (6.62%), Sugar: 2.7g (3%), Cholesterol: 50.58mg (16.86%), Sodium: 1034.32mg (44.97%), Alcohol: 1.54g (100%), Alcohol %: 0.81% (100%), Protein: 6.78g (13.57%), Vitamin K: 31.63µg (30.12%), Copper: 0.38mg (19.06%), Manganese: 0.36mg (18.03%), Vitamin A: 830.8IU (16.62%), Vitamin B3: 3.31mg (16.56%), Vitamin B2: 0.27mg (15.68%), Vitamin B5: 1.54mg (15.38%), Phosphorus: 143.45mg (14.35%), Selenium: 8.99µg (12.85%), Magnesium: 43.06mg (10.76%), Zinc: 1.6mg (10.67%), Vitamin B6: 0.2mg (10.16%), Fiber: 2.46g (9.83%), Folate: 38.9µg (9.73%), Potassium: 300.4mg (8.58%), Vitamin B1: 0.12mg (7.86%), Iron: 1.05mg (5.83%), Vitamin C: 4.17mg (5.05%), Vitamin E: 0.69mg (4.59%), Vitamin D: 0.57µg (3.79%), Calcium: 31.65mg (3.16%), Vitamin B12: 0.13µg (2.15%)