



**ITEM – Diabetic Friendly Recipe**  
**Portobello Mushroom Soup**

**OUTLET:**  
**PORTIONS: 5 cups**

**INGREDIENTS**

- 1 ½ tbsp olive oil
- 4 fresh Portobello mushrooms, sliced into small, evenly sized pieces (or 1 ½ lb cremini mushrooms)
- 1 yellow cooking onion, diced
- 2 cloves garlic, peeled and minced (optional)
- 3 ½ c reduced-sodium chicken broth
- 1/8 teaspoon black pepper
- 1 cup 1% milk
- 5 tablespoons all-purpose flour
- 1 tbsp fresh parsley (for garnish)

**DIRECTIONS:**

1. Heat olive oil in a heavy bottom soup pot. Add the onion, and saute over medium heat for three or four minutes, stirring frequently.
2. Add the mushrooms and garlic (if using) and cook for five to seven minutes, before adding the chicken broth and pepper. Add a little water if the pan gets too brown. Bring to a boil, then reduce the heat to medium-low.
3. In a small bowl, mix the milk and flour together until smooth; gradually add to the soup, stirring occasionally. Let soup simmer for twelve to fifteen minutes.
4. Just before serving, stir in the milk and blend using a hand blender for one minute (optional).
5. Garnish each serving with a sprig of parsley.

Aboriginal TV Chef **David Wolfman**

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