

Vegetable and Shiitake Mushroom Soup

This light vegetable soup is an ideal starter as it teases the appetite. Shiitakes, a popular wild mushroom grown in Ontario, add an exotic touch to this soup.

Preparation Time: 5 minutes
Cooking Time: 25 minutes

1	Ontario onion, diced
1	small Ontario carrot, diced
1	small Ontario rutabaga or parsnip, diced
1 tsp (5 ml)	grated gingerroot
1½ cups (375 ml)	chicken broth
1 cup (250 ml)	Ontario Shiitake mushrooms, sliced
	Salt and pepper

1. In small saucepan, combine onion, carrot, turnip, ginger and broth. Bring to boil; reduce heat, cover and simmer 15 minutes or until vegetables are tender.
2. Add mushrooms; simmer 5 minutes.
3. Season to taste with salt and pepper. *Serves 2.*

Nutritional Information Per Serving:

Protein: 8.0 g Fat: 1.0 g Carbohydrates: 19.0 g Calories: 117