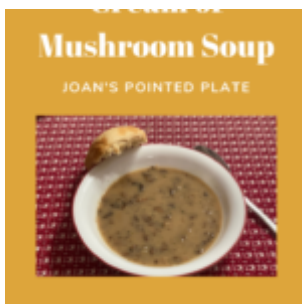


Cream of Mushroom Soup

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Serves 6 – a bit over a cup per serving

Adapted from Cafedelites.com

- 1 Tbsp butter
- 1 tsp olive oil
- 1 small onion, diced
- 4 cloves garlic, minced
- 1 $\frac{1}{4}$ pounds mushrooms, sliced/chopped
- 1 tsp dried thyme
- 1/2 cup Marsala cooking wine or any dry red wine
- 6 Tbsp all purpose flour
- 4 cups low sodium chicken broth
- 1/2 tsp salt
- 1/2 tsp fresh ground black pepper
- 2 beef bouillon cubes, crushed
- 1 cup fat free half and half
- chopped fresh parsley

1. Heat butter and oil in a large pot or dutch oven over medium high heat until melted. Saute onion for 2 to 3 minutes until softened. Cook garlic until fragrant, about 1 minute

2. Add mushrooms and thyme, cook for 5 minutes. Pour in wine and allow to cook for 3 minutes.
3. Sprinkle mushrooms with flour, mix well and cook for 2 minutes. Add chicken broth, mix again and bring to a boil. Reduce heat to low-medium heat, season with salt, pepper and bouillon cubes.
4. Cover and allow to simmer for 10-15 minutes, stirring, until thickened
5. Reduce heat to low, stir in half and half. Allow to gently simmer (do not boil). Adjust salt and pepper to your taste. Mix in parsley. Serve.

Soup
soup
mushrooms