

Homemade Cream of Mushroom Soup

By SweetsLady



Prep Time: 5 mins **Total Time:** 20 mins **Servings:** 6

ABOUT THIS RECIPE

"Forget the canned stuff, this is a LOT better and yet easy to make, too!"



Photo by May I Have That Recipe



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INGREDIENTS

- 8 ounces fresh mushrooms
- 2 tablespoons onions, chopped
- 1 -2 garlic clove, minced
- 2 tablespoons butter
- 2 -3 tablespoons flour (separated)
- 2 cups chicken broth
- 1 cup light cream or 1 cup evaporated milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon nutmeg

DIRECTIONS

- 1.**Cut the mushrooms into slices.
- 2.**Melt butter in large frying pan. Add in onions, garlic, and mushrooms. Cook until onions are soft.
- 3.**Blend in 2 T. flour and stir.
- 4.**Add in the chicken broth and heat until slightly thickened while stirring frequently.
- 5.**Stir cream with additional 1 T. flour and seasonings. Add in cream to soup. Heat to thicken while stirring frequently.
- 6.**Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	%
Serving Size: 1 (173 g)		Total Fat 12.2g	18%
Servings Per Recipe: 6		Saturated Fat 7.4g	37%
Amount Per Serving	%	Cholesterol 36.5mg	12%
Calories 146.0		Sugars 1.2 g	
Calories from Fat 110	75%	Sodium 494.7mg	20%
		Total Carbohydrate 5.6g	1%
		Dietary Fiber 0.5g	2%
		Sugars 1.2 g	5%
		Protein 4.3g	8%

