QUICK CREAM OF MUSHROOM SOUP

INGREDIENTS

2 tablespoons butter
227g (½ lb) sliced fresh mushrooms
½ cup chopped onion
6 tablespoons flour
1/2 teaspoon salt
1/8 teaspoon pepper
3 cups chicken broth
1 cup 15% cream

PREPARATION

- 1. In a large saucepan, heat butter over medium-high heat. Sauté mushrooms and onion until tender.
- 2. Mix flour, salt, pepper and half of the broth until smooth; stir into mushroom mixture. Stir in the remaining broth. Cook and stir until thickened, about 2 minutes. Reduce heat; stir in the cream. Simmer, uncovered, until flavors are blended, about 15 minutes, stirring occasionally.
- 3. Blend the soup with an immersion blender until smooth.

Recipe from: www.tasteofhome.com

apainintheneck.org

The information on this website is not intended as medical advice nor should it replace advice, expertise, and information given by a member of your healthcare team.