**Mushroom Soup**

**Serves:** 2-3  
**Prep:** 5 minutes | **Cook:** 5 minutes

**INGREDIENTS**
- 1 tablespoon olive oil
- 1/2 cup diced onion
- 8 ounces sliced white mushrooms, sliced
- 1 1/2 cups chicken, beef, vegetable or mushroom stock or broth
- 1 cup light sour cream*
- 2 tablespoons all purpose flour
- 1/4 teaspoon thyme (optional)
- 1/4 teaspoon rosemary (optional)
- Salt and pepper to taste

**DIRECTIONS**
1. In a small dish, mix sour cream and flour. Set aside.
2. In large soup pan, add olive oil and onions. Keep on medium/ high heat for 2-3 minutes until edges start to brown.
3. Add garlic and saute for 10-20 seconds. Add stock/ broth and mushrooms to pot.
4. Sprinkle spices and stir. Bring mixture to a boil and cook for 3-4 minutes or until mushrooms are soft.
5. Transfer to a heat safe bowl, let cool for 2 minutes, and add the sour cream/ flour mixture. Mix thoroughly, and serve hot.

*Substitutions

**Nutrition Information**

| Serving Size: 1/3 of recipe | Calories | 194  
|----------------------------|----------|-------  
| Total fat                  | 13 g     |        
| Saturated Fat              | 6 g      |        
| Cholesterol                | 27 mg    |        
| Sodium                     | 530 mg   |        
| Carbohydrates              | 17 g     |        
| Fiber                      | 1 g      |        
| Sugars                     | 4 g      |        
| Protein                    | 6 g      |        

Recipe source: Aubrey’s Kitchen

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*1 cup light sour cream → 1 cup plain Greek yogurt

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