

Mushroom Soup



**GREATER
CHICAGO**
-FOOD-
DEPOSITORY.

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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

1 cup light sour cream	—>	1 cup plain Greek yogurt
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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