

Looking for a healthy mushroom soup recipe that doesn't sacrifice flavor? This creamy mushroom soup is quick, easy and packs a punch with a variety of herbs and spices making this the perfect soup.

### **INGREDIENTS:**

- 1 tablespoon extra virgin olive oil
- ½ cup onion (diced small)
- 2 cloves garlic (diced small)
- 8 oz sliced white mushrooms Can also use other mushrooms of choice
- 1.5 cups chicken, beef, vegetable or mushroom stock or broth. Can also use Better than Bullion or bullion cube/powder. Mix with water ratio indicated on product label.
- ¼ teaspoon thyme
- ¼ teaspoon rosemary
- ¼ teaspoon black pepper
- 1 Salt to taste
- 1 cup light sour cream
- 2 tablespoons all-purpose flour
- 1 tablespoon Optional garnish – freshly chopped parsley



### **INSTRUCTIONS:**

1. In small dish, mix light sour cream and flour. Set aside.
2. In soup pan, add extra virgin olive oil and onions. Sauté on medium/high heat until edges start to turn golden brown (about 2-3 minutes).

3. Add garlic and sauté for about 10-20 seconds (be careful not to burn the garlic as the pan will be hot when you add).
4. Add broth/stock and mushrooms to pot.
5. Sprinkle spices on top and stir to mix.
6. Bring mixture to a boil and cook until mushrooms are soft (about 3-4 minutes).
7. Transfer mixture to a heat safe bowl.
8. Allow to cool slightly, about 2-3 minutes. Add sour cream/flour mixture. TIP: See recipe card notes for extra step for extra creamy soup.
9. Mix thoroughly and enjoy!

### Notes

1. Leftovers and Storage: This soup will last about 3-4 days in the refrigerator. Be sure to store in an air tight container. You can freeze this soup for up to 1 month.
2. Temper Sour Cream (Optional): This sour cream will generally mix well into the hot broth. However, you can use this extra step to make your soup extra creamy. Transfer about ½ cup of the hot liquid into a separate heat safe dish. Mix in your sour/cream flour mixture until mixed thoroughly. Gradually add in the rest of the hot liquid mixture and keep stirring. Add the remainder of mixture (mushrooms, onions, etc.) and finish stirring. This process tempers the mixture so the hot liquid and sour cream do not separate and makes for an extra creamy mushroom soup.
3. Vegetarian Substitution: Use vegetable or mushroom stock/broth.

## **Nutrition**

Calories:194kcal | Carbohydrates:17g | Protein:6g | Fat:13g |  
SaturatedFat: 6g | Cholesterol: 27mg | Sodium: 530mg |  
Potassium: 442mg | Fiber: 1g | Sugar: 4g | Vitamin  
A: 502IU | Vitamin C: 5mg | Calcium: 118mg | Iron: 1mg

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.