

Healthy Cream of Mushroom Soup



YIELD **6** SERVINGS

Serving Size: 3/4 cups

NUTRITION FACTS PER SERVING

Calories:	212	Saturated Fat:	5 g
Carbs:	19 g	Protein:	10 g
Fiber:	3 g	Sodium:	485 mg
Fat:	12 g	Potassium:	820 mg

INGREDIENTS

- 2 ½ pounds cleaned and sliced fresh mixed mushrooms
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 1 ¼ teaspoons kosher salt
- ½ teaspoon black pepper
- ½ cup chopped shallots (from 2 medium shallots)
- ½ cup chopped scallions (from 2 medium scallions)
- 3 tablespoons all-purpose flour
- 2 ½ cups unsalted vegetable stock
- 2 ½ cups whole milk
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh tarragon

DIRECTIONS

1. Roughly chop mushrooms.
2. Add oil and butter to a large, heavy pot and cook over medium-high until butter melts.
3. Add mushrooms, salt, and pepper; cook, stirring often, until mushrooms are deeply browned and most of the moisture has evaporated, 8 to 10 minutes.
4. Add shallots and scallions; cook, stirring often, until softened, about 4 minutes. Add flour and stir to combine.
5. Add stock and milk, stirring and scraping to loosen any browned bits from bottom of pot. Let mixture come to a low boil and cook, stirring occasionally, until broth thickens, about 5 minutes. Remove from heat.
6. Transfer half of mixture to a countertop blender. Secure lid on blender and remove center piece to allow steam to escape. Place a clean towel over opening and process until almost smooth; return to pot. Or use an immersion blender to pulse the soup until somewhat blended but some whole pieces of mushroom are still visible. Stir in parsley and tarragon; serve hot.



Jefferson County
Health Center