

Foodnity Recipes

Cream of Mushroom Soup - Cozy Winter Meal

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb Cremini mushrooms, sliced
- [ ] 4 tbsp unsalted butter
- [ ] 1 small onion, finely diced
- [ ] 3 cloves garlic, minced
- [ ] 2 cups vegetable broth
- [ ] 1 cup half and half

Seasonings & Finishing

- [ ] 1 tsp fresh thyme leaves
- [ ] Salt and black pepper to taste
- [ ] 1 tsp lemon juice
- [ ] Fresh parsley for garnish

Instructions

1. Melt the butter in a large pot over medium heat. Add the sliced mushrooms and cook without stirring too much for about 5-7 minutes until they are beautifully browned.
2. Stir in the diced onion and cook for another 3-4 minutes until translucent. Add the minced garlic and thyme, stirring for just a minute until the aroma fills the kitchen.
3. Pour in the vegetable broth. Bring it to a gentle simmer and let it cook for about 10 minutes to allow the flavors to meld together.
4. Lower the heat and slowly stir in the half and half. Heat through gently but do not let it boil.
5. If you prefer a smoother soup, use an immersion blender to partially blend the mixture. Stir in the lemon juice and season with salt and pepper.
6. Ladle into warm bowls and garnish with a sprinkle of fresh parsley.

Nutrition per serving

280 kcal	8 g	14 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an even deeper flavor, add a teaspoon of soy sauce to the broth; it adds a secret layer of umami.
- If the soup is too thick, stir in a splash more broth or milk until it reaches your desired consistency.
- Warming your bowls before serving keeps the soup hot for much longer.