

Foodnity Recipes

Homemade Cream of Mushroom Soup

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

Ingredients

Main Ingredients

- [ ] 1 lb mixed mushrooms, sliced
- [ ] 4 tbsp unsalted butter
- [ ] 1 small onion, finely diced
- [ ] 3 cloves garlic, minced
- [ ] 1/4 cup all-purpose flour
- [ ] 3 cups chicken or vegetable broth
- [ ] 1 cup heavy cream
- [ ] 1 tsp fresh thyme leaves
- [ ] Salt and black pepper to taste
- [ ] 1 tsp lemon juice

Instructions

1. Melt the butter in a large pot over medium heat. Add the sliced mushrooms and sauté them without stirring too much at first. Let them get a nice, deep brown crust—about 8 to 10 minutes. This is where the flavor lives.
2. Stir in the diced onion and cook until softened, then add the garlic and thyme. Let them fragrance the butter for just a minute, but don't let the garlic brown too much or it gets bitter.
3. Sprinkle the flour over the mushrooms and stir well. Cook it for about 2 minutes to get rid of that raw flour taste. It'll look like a thick paste coating the vegetables.
4. Slowly pour in the broth while whisking constantly to avoid lumps. Bring it to a gentle simmer and let it bubble away for about 10 minutes until it starts to thicken up.
5. Lower the heat and stir in the heavy cream. Let it warm through but do not let it boil. Stir in the lemon juice, salt, and pepper.
6. For a smoother texture, you can use an immersion blender to blend about a third of the soup right in the pot, leaving some chunky mushrooms for texture.

Nutrition per serving

310 kcal	7 g	12 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a bit of a kick, a pinch of nutmeg goes wonderfully with the cream.
- Use a heavy-bottomed pot to ensure the butter doesn't burn on the bottom.
- For a deeper taste, try a mix of shiitake and oyster mushrooms.