

Cream of Mushroom Soup

Yield: 8 servings

RECIPE CUSTOMIZATION

To make it low-FODMAP, swap milk for lactose-free milk, rice milk, or oat milk

To make it dairy-free, swap milk for unsweetened oat/hemp/flax/rice/almond milk and swap butter for avocado oil

To make it gluten-free, swap flour for gluten-free flour (check label for correct ratio)

Ingredients

3 Tbsp butter
6 oz mushrooms, minced
½ tsp salt, kosher
4 Tbsp all-purpose flour
3 cups milk

Directions

1. Melt butter (3 Tbsp) in a saucepan over a low flame.
2. When butter is melted and bubbling, add the mushrooms (6 oz) and salt (½ tsp). Stir frequently while cooking for about five minutes.
3. Reduce heat to low. Cover and simmer for about 15 minutes.
4. Add flour (4 Tbsp) and stir while cooking for about three minutes.
5. Add milk (3 cups), bring up to a simmer, and cook for about 10 minutes.
6. Taste and adjust salt if needed. Serve or use in your favorite “hot dish.” If you’re serving the soup as is, you may need to thin it slightly with water or milk.



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Nutrition Facts

Serving size 1 (4.3oz)

Amount Per Serving **122g**

Calories **103**

% Daily Value

Total Fat 6.2g **10%**

Saturated Fat 3.9g **20%**

Cholesterol 19mg **6%**

Sodium 224mg **9%**

Total Carbohydrate 8g **3%**

Dietary Fiber 0g **1%**

Sugars 5g

Protein 4g **8%**

Vitamin A **6%**

Vitamin C **1%**

Calcium **11%**

Iron **2%**