

Homemade Cream of Mushroom Soup

Makes about 2 cups - Use as a soup or casserole sauce

INGREDIENTS:

- 1 tablespoon butter or olive oil
- 8 oz fresh mushrooms, sliced
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1½ cups chicken or vegetable broth
- ½ cup full-fat coconut milk or heavy cream
- Optional: ¼ cup unsweetened almond milk or additional broth to thin
- Salt and pepper to taste
- Optional: ¼ teaspoon dried thyme or parsley
- Optional: Pinch of nutmeg for richness

INSTRUCTIONS:

1. SAUTÉ THE VEGETABLES

In a medium saucepan, melt butter or heat oil over medium heat.

Add mushrooms and onion. Sauté 6-8 minutes until soft and browned.

Stir in garlic and optional herbs. Cook 1 more minute.

2. ADD BROTH AND SIMMER

Add the broth. Bring to a gentle boil, then reduce to a simmer for 8-10 minutes.

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3. BLEND IF DESIRED

Use an immersion blender or regular blender to puree the soup for a smooth texture.

(Or blend just half for a chunky version.)

4. ADD CREAM

Stir in the coconut milk or cream. Warm gently, but do not boil.

Adjust salt, pepper, and optional nutmeg to taste. Thin if needed.

5. SERVE HOT

Enjoy as-is, or see the casserole version below!

FOR CASSEROLES:

To use this soup as a thick, creamy substitute for canned soup:

- Use only 1 cup of broth instead of 1½ cups

- Add 2 tablespoons of cream cheese OR

Whisk in 1 tablespoon of almond flour or arrowroot at the end to thicken OR

Whisk in 1/4 to 1 teaspoon of xanthan gum (start with less; it thickens as it sits)

- Skip blending unless you want a smooth sauce

- Simmer until thick and scoopable

Let cool before using in casseroles - it thickens as it sits.