

“Cream of Mushroom Soup”

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This is an easy blend of scratch and convenience cooking creating a warm soup for cold winter days. Serves 6

Ingredients:

- 1 tablespoon butter
- 1/2 cup finely chopped onions
- 1 pound fresh mushrooms
- 1 envelop (1.1 oz) beefy mushroom soup
- 1/4 teaspoon tarragon
- 4 tablespoons flour
- 4 cups whole milk
- 1 cup half & half *
- Salt and pepper to taste
- Bacon bits, optional garnish
- Fresh parsley, optional garnish

Method:

Over medium heat, melt butter in Dutch oven or large heavy saucepan. Add chopped onions and sauté until transparent and they are just beginning to brown on edges.

Clean, trim and coarsely chop mushrooms. Add mushrooms to onions, cover and continue to cook until mushrooms are tender and juicy.

Combine dry soup mix with flour. Remove mushrooms from heat, stir soup and flour mixture in and mix well. Gradually stir in milk. Add tarragon, salt and pepper to taste. Return to heat; stirring constantly, bring to a boil; reduce heat and simmer 2-3 minutes. Stir in half & half. Serve hot garnished with sprinkled with optional bacon bits and sprig of fresh parsley.

Notes:

For flavor variations, try recipe with different variety of mushrooms. For safety, always use mushrooms purchased commercially.

* Nutrition analysis was calculated using whole milk and regular half & half. If desired, use fat-free half & half or 5 cups whole milk to reduce fat to 9 grams and saturated fat to 5 grams per serving.



Nutrition Facts

Serving Size approx 1 cup
Servings Per Container 6

Amount Per Serving	
Calories 240	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 8g	38%
Cholesterol 45mg	16%
Sodium 370mg	15%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	6%
Sugars 11g	
Protein 10g	
Vitamin A 6%	Vitamin C 8%
Calcium 25%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	