

EASY CREAMY MUSHROOM SOUP

INGREDIENTS

- Non-stick cooking spray
- 4 T** Shallots (minced) **OR** 1 small onion (minced)
- 20 oz** Cremini **OR** Button Mushrooms
- 2 boxes** Imagine Mushroom Soup (32 oz each) (divided)
- 1/2 t** Thyme
- 1/2 t** Garlic Powder
- Salt & pepper (to taste)
- 6T** Quinoa flour **OR** Potato Starch
- 6 T** Extra virgin olive oil
- 6 T** Almond Milk **OR** Rice Milk



DIRECTIONS

- 1 Spray non-stick cooking spray in a large saucepan
- 2 Saute the shallots (4 minutes) & then place in a large bowl
- 3 Spray the saute pan again with the non-stick cooking spray & add 1/2 the mushrooms
- 4 Brown the mushrooms on both sides (10 minutes) & do the same with the rest of the mushrooms
- 5 When the mushrooms cool, process 2/3's of them until they form a paste & set aside
- 6 The remaining mushrooms should be tossed into the large bowl
- 7 In a 5 qt soup pot, make a roux with olive oil, milk & mix thoroughly
- 8 As the roux thickens, add the mushroom soup a little bit at a time continuously mixing the soup mix in with the roux so you maintain a thicker soup
- 9 Then add the ingredients from the bowl to the soup, the mushrooms you set aside & all the seasonings, stirring thoroughly
- 10 Cook at a medium heat with the pot covered for 20 minutes stirring often
- 11 Reduce the heat & simmer for 20 minutes
- 12 Taste & add seasoning if necessary to your taste

NOTE

To spice up the soup, add smoked paprika to your taste

10 oz pkg

