

# Creamy Mushroom Soup LF

Adapted from *The Pioneer Woman*



## Servings: 8

1. Heat butter or EVOO in a pot over medium-high heat. When melted, add mushrooms. Reduce the heat to medium and add the rest of the mushrooms, along with the onion, celery, and thyme (crush the dried thyme between your palms as you sprinkle it over the soup). Cook, stirring frequently, until vegetables are soft, about 5 to 6 minutes.

1. Season with salt and pepper then slowly add the sherry, stirring while you add. Allow it to heat and bubble up for a couple of minutes, then slowly pour in the stock.

4. Bring to a simmer, cover and cook for 20 minutes, stirring occasionally. Remove it from the heat and let it cool for 20 minutes. Remove about 1/3 to 1/2 of the soup and puree in a blender. Return to pan. NOTE: You may use an immersion blender in the pot if you have one, and you don't have to let the soup cool first. Transfer the soup back to the pot, add the cream and heat it to a simmer. Add balsamic, then taste and adjust seasonings.

**4 tablespoons butter, or EVOO**  
**2 pounds cremini mushrooms**  
**1 large onion, diced**  
**3 stalks celery, sliced**  
**4 cloves garlic, minced**  
**2 teaspoons dried thyme**  
**salt and pepper to taste**  
**3/4 cup sherry, dry type, not sweet**  
**1 tablespoon mushroom soup base, Custom Culinary Mushroom Base (or use low sodium chicken broth)**  
**3 1/2 cups water**  
**1/2 cup heavy cream, or full fat coconut milk**  
**2 teaspoons balsamic vinegar**  
**fresh parsley, chopped, for garnish**

*Per Serving (excluding unknown items): 171 Calories; 12g Fat (67.5% calories from fat); 3g Protein; 10g Carbohydrate; 2g Dietary Fiber; 36mg Cholesterol; 104mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**