

# Cream of Mushroom Soup with Parsley & Garlic

*Adapted from the New Covent Garden Soup Company Book of Soups, 1998*

Internet address:



- 1 tablespoon unsalted butter
- 1 large yellow onion, chopped
- 2 cloves garlic, minced
- 2/3 cup all-purpose flour
- 5 cups broth (I used mushroom base concentrate) or use beef or vegetable
- 12 ounces button mushrooms, chopped
- 1 ounce dried mushrooms (mixed variety) soaked in hot water for 5 minutes [my addition]
- 3 ounces hot water (to soak mushrooms, discard after soaking)
- 3 tablespoons Italian parsley, chopped
- 12 ounces button mushrooms (yes, another amount) neatly sliced or chopped
- 2 cups half and half
- 3 tablespoons heavy cream, [my addition]
- 2 tablespoons unsalted butter, added in at the last

Italian parsley for garnish

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

## Servings: 6

Notes: If you have shiitake, oyster, or brown mushrooms, do use them since they have more flavor. Otherwise, button mushrooms worked just fine. The mushroom base I used is Custom Culinary Mushroom Base Gold Label available from Surfas online.

1. In a large pot melt butter over medium heat and add onions and garlic. Saute over low heat until onions are cooked, but not browned at all.
2. Add the flour and stir to coat all the onions. Add the stock slowly at first, stirring constantly so you don't get lumps, then add all of it, stir until it's a smooth saucy consistency. Add the parsley and fresh mushrooms. Lastly add the dried mushrooms that have been soaked in water and drained (discard the water). Simmer over low heat for 10-15 minutes until the mushrooms are fully cooked.
3. Pour this mixture into a blender and carefully (in 2 batches if necessary) puree until it's very smooth. Return mixture to the soup pot, add the nicely sliced mushrooms and simmer over low heat for 4-5 minutes until the mushrooms are cooked through. Add the half and half and heat through (do not boil), then stir in butter or place a thin sliver on the soup when serving. Taste for seasonings (white pepper?). Ladle into soup bowls and garnish with Italian parsley. If you used a soup base concentrate it may have sufficient salt and you may need no additional.

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Per Serving (excluding unknown items): 284 Calories; 18g Fat (55.8% calories from fat); 7g Protein; 26g Carbohydrate; 3g Dietary Fiber; 55mg Cholesterol; 44mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Vegetable; 1/2 Non-Fat Milk; 3 1/2 Fat.