



Cream of Mushroom Soup

INGREDIENTS:

2 Tbsp	Unsalted butter
½ cup	Vegetable stock (low sodium)
½ cup	Flour
2 cups	Chopped onion
24 oz.	Button or Portabella mushrooms; well cleaned and cut into chunks
8 cups	Skim milk
4 cups	Fat free ½ and ½
½ tsp	Ground black pepper
1 tsp	Dried Thyme
½ cup	Marsala or Sherry Wine
2 cups	Parmesan cheese
¼ cup	Parsley

PREPARATION:

- Heat butter and stock until butter is melted.
- Add flour and cook into a paste for two minutes while stirring.
- Remove from heat and reserve.
- Sauté onion in spray oil until golden brown.
- Add mushrooms and cover.
- Cook over low heat for 10 minutes.
- Uncover and add milk, ½ and ½, pepper and thyme.
- Bring to a simmer and stir in the flour mixture.
- Add sherry or marsala wine and whisk until soup thickens; three to four minutes.
- Remove from heat and serve garnished with cheese and parsley.

Number of servings:	32
Serving Size:	½ cup
Calories:	66
Fat Grams:	1

