



## CREAMY MUSHROOM SOUP

By Dr. Cindy Tanzar  
(Standard)

This soup is a wonderful addition to any meal. It's thick and creamy with a garlicky, earthy flavor that is perfect for cool fall days and cold winter nights.

Found on Wholesome Yum, this homemade soup can also be used in other recipes that call for canned cream of mushroom soup.

Makes 5-6 servings. One serving equals one cup and covers your vegetable and fat for one meal.



### INGREDIENTS

- 1 Tbsp avocado oil
- 1/2 large onion, diced
- 20 oz. mushrooms, sliced
- 6 cloves garlic, minced
- 2 cups organic chicken broth
- 1 cup organic heavy cream
- 1 cup unsweetened almond or coconut milk
- 3/4 tsp. Pink Himalayan salt
- 1/4 tsp. freshly ground black pepper



## INSTRUCTIONS

In a large pot over medium heat, sauté the onions and mushrooms in olive oil for about 10-15 minutes, stirring occasionally, until lightly browned. Add the garlic and sauté for another 1-2 minutes.

Add the chicken broth, cream, almond milk, salt and pepper and stir well. Bring to a boil, then simmer for 15 minutes, stirring occasionally.

Using an immersion blender or regular blender, puree the soup until smooth.