

## **Cream of Mushroom Soup**

Adapted from Harrowsmith Magazine

- 2 lbs. mushrooms, sliced
- 2 onions, chopped
- 2 cloves garlic, minced
- 6 tablespoons Butter
- 6 tablespoons Flour
- 1 tablespoon dried thyme
- Pepper
- 1/2 cup soy sauce
- 2 cups chicken or vegetable stock
- 2 cups cream
- 2 cups skim milk



1. Melt butter in a stock pot. Saute mushrooms, onions, and garlic for about 5 minutes.
2. Remove vegetables with slotted spoon and set aside, leaving behind the butter and liquid.
3. Put flour into a bowl and slowly whisk a little of the melted butter liquid from the pot into the flour to form a paste and then a little more to make it fluid. Add the flour mixture back to pot and whisk to mix over medium heat. This will prevent the flour from clumping.
4. Add thyme, pepper and soy sauce. Cook, stirring for 3 minutes. Slowly stir in stock, then cream and milk. Cook until mixture is thickened and heated through. Return vegetables to pot.

Serve with crusty bread or baguette and a salad.

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