

## Cream of Mushroom Soup

Serves 4

- 700 g mixed fresh mushrooms (shiitake, shimeji, maitake, button), sliced
- 14 g olive oil
- 20 g unsalted butter
- 4 g salt + MSG blend (e.g., 3 g salt + 1 g MSG)
- ¼ tsp black pepper
- 70 g red onion or shallots, finely chopped
- 40 g scallions, finely chopped
- 20 g all-purpose flour
- 600 ml low-sodium vegetable stock
- 400 ml whole milk
- 10 g fresh flat-leaf parsley, finely chopped
- 5 g fresh tarragon, finely chopped (or 1 tsp dried)



### Instructions

1. Slice **mushrooms**; roughly chop half to vary texture.
2. Heat **olive oil** and **butter** in a heavy pot over **medium-high heat**.
3. Add **mushrooms**, **salt + MSG blend**, and **pepper**. **Cook 8–10 minutes** until deeply browned and moisture evaporates.
4. Add **onion/shallots** and **scallions**; **cook 3–4 minutes** until softened.
5. Sprinkle in **flour** and **cook 1 minute**, stirring constantly.
6. Add **vegetable stock** and **milk**, scraping browned bits from pot.
7. Bring to a gentle boil, reduce to **simmer**, and **cook 5 minutes** until slightly thickened.
8. Blend about half the soup using an immersion blender, leaving visible mushroom pieces.
9. Stir in **parsley** and **tarragon**. Taste and adjust seasoning.
10. Serve hot.

### Nutrition

**Per serving:** Kcal: 305 | Protein: 10 g | Fat: 19 g | Sat Fat: 9 g | Carbs: 24 g | Sugars: 9 g | Fiber: 3 g | Sodium: 680 mg | Omega-3: 0.1 g

**Total dish:** Kcal: 1,220 | Protein: 40 g | Fat: 76 g | Sat Fat: 36 g | Carbs: 96 g | Sugars: 36 g | Fiber: 12 g | Sodium: 2,720 mg | Omega-3: 0.4 g

### Notes & Garnish Options

- For dried tarragon, use 1 tsp and add with the onions to bloom flavor.
- For a holiday version, replace 100 ml of milk with cream.
- Soup keeps 3 days refrigerated and freezes well before adding herbs.
- Restaurant-style garnish: sauté a few sliced mushrooms in butter until crisp, place in center of bowl, drizzle with olive oil, finish with cracked black pepper and a small parsley leaf.