

Mushroom Soup

Yield: 9 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-black-mushroom-soup-recipe>

Ingredients:

- 8 cups water
- 2 cups chicken broth
- 4 medium potatoes peeled, diced and rinsed
- 2 pounds mushrooms sliced
- 2 cups half & half or 1 cup milk + 1 cup heavy cream
- 4 tablespoons flour add 5 Tbsp if you like a creamier soup
- 1 medium onion finely diced
- 1 large carrot grated
- 3 tablespoons butter
- 2 tablespoons seasoning mushroom, or 1/2 Tbsp Mrs. Dash, or vegetable seasoning *see note
- salt
- black pepper
- 1/3 cup chopped parsley or dill or both

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 30 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 8 grams
7. SaturatedFat: 6 grams
8. Sodium: 180 milligrams
9. Sugar: 4 grams

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