## **Mushroom Soup**

adapted from David Patton - http://allrecipes.com/recipe/golden-state-mushroom-soup/detail.aspx

Servings: 10

1 kilogram fresh mushrooms, sliced

2 medium onions, chopped

1/4 cup butter

1/2 cup all-purpose flour

1/2 teaspoon salt

1/2 teaspoon pepper

3 cups skim milk

900 milliliters chicken broth

1 teaspoon chicken bouillon granules

2 cups light sour cream

## 1/4 cup minced parsley

In a large saucepan, saute mushrooms and onion in butter until tender. Sprinkle with flour, salt and pepper; mix well. Gradually stir in milk, broth and bouillon; bring to a boil. Cook and stir for 2 minutes. Reduce heat. Stir in sour cream; heat through (do not boil). Garnish with parsley if desired.

## **Nutrition Facts**

Servings per Recipe: 10

Amount Per Serving	
Calories 154	Calories from Fat: 57
	% Daily Values*
Total Fat 7g Saturated Fat 4g Cholesterol 17mg Sodium 536mg Total Carbohydrates 17g Dietary Fiber 2g Protein 8g	10% 19% 6% 22% 6% 7%
Vitamin A Vitamin C Calcium Iron	8% 12% 13% 10%

Percent Dally Values are pased on a 2000 calorie diet.