For Health and Long Life

What could be as warming on a cold winter's day than Keto Creamy Mushroom Soup. It's simple to make, but oh so yummy. And all in all takes just under 30 Mins.

Servings - 8

Prep Time - 15 Mins Cook Time - 15 Mins Total Time - 30 Mins

Difficulty - Easy

Cuisine - American

RECIPE
KETO CREAMY MUSHROOM SOUP

EQUIPMENT

Cup and Spoon Measures

Disc Kitchen Scale

Non Stick Large Saucepan

Large Metal Spoon

Food Processor

Soup Tureen

Soup Ladle

INGREDIENTS

6 Tbsp Butter

2 Tbsp fresh Sage chopped. (If unavailable 1 Tbsp dried sage)

250 g Champignon Mushrooms, sliced

250 g White Mushrooms, sliced

[2 Cups Chicken Bone Broth](#)

2 Cups Water

[1 Mushroom Stock Cube](#)

[250 g Mascarpone Cheese](#)

1/2 Tsp Onion Powder

[1 Tsp Dijon Mustard](#)

[1/4 Tsp Sea Salt, Flakes](#)

[1/2 Tsp Black Pepper (ground)](#)

[1/2 Cup Double/Heavy Cream](#)

NOTE - For Vegetarian option use Mushroom stock instead of chicken stock

METHOD

In a large pot, heat the butter over medium heat until it begins to brown, 3 to 4 minutes. Add sage and cook one minute more. Add mushrooms and stir to coat, then saute until mushrooms are tender and lightly browned. 4 to 5 minutes.

Stir in stock, and the remaining ingredients except for the cream and bring to a simmer for a further 4 to 5 minutes, then blend with a had held blender.

Blend until smooth and return to the pan. Stir in the cream, salt and pepper.

Heat the soup without allowing it to boil again. Pour into a soup tureen and serve.

SERVING SUGGESTIONS

Serve with [Keto Garlic Croutons](#), or [Keto Oven-Baked White Baguette](#), toasted

STORAGE

Store in an airtight container in the fridge for up to 4 days. You can freeze this soup for up to 30 days.

NUTRITION FACTS

Per Serving - 238 g | Calories - 274 | Protein 7.0 g | Fat 23.9 g | Carbs 9.7 g | Fiber
1.4 g
Net Carbs - 8.3 g

LOW CARB - KETO - SUGAR FREE - GLUTEN FREE - VEGETARIAN

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