



Chef John's Creamy Mushroom Soup



Vegetarian



Popular

READY IN



95 min.

SERVINGS



6

CALORIES



262 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups chicken broth
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 2 pounds mushrooms fresh sliced
- ☐ 6 sprigs thyme leaves fresh
- ☐ 1 teaspoon thyme leaves fresh for garnish, or to taste
- ☐ 2 cloves garlic peeled
- ☐ 1 cup heavy whipping cream
- ☐ 1 pinch salt

- ☐ 1 pinch salt and pepper black freshly ground to taste
- ☐ 0.3 cup butter unsalted
- ☐ 1 cup water
- ☐ 1 onion diced yellow

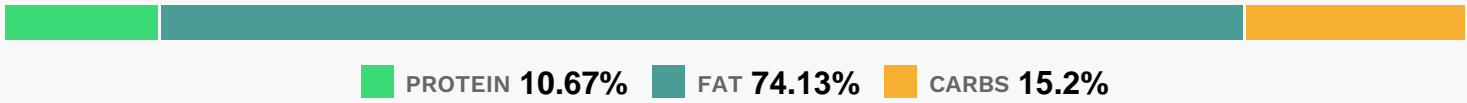
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ kitchen twine

Directions

- ☐ Melt butter in a large soup pot over medium-high heat; cook mushrooms in butter with 1 pinch salt until the mushrooms give off their juices; reduce heat to low. Continue to cook, stirring often, until juices evaporate and the mushrooms are golden brown, about 15 minutes. Set aside a few attractive mushroom slices for garnish later, if desired.
- ☐ Mix onion into mushrooms and cook until onion is soft and translucent, about 5 more minutes.
- ☐ Stir flour into mushroom mixture and cook, stirring often, for 2 minutes to remove raw flour taste. Tie thyme sprigs into a small bundle with kitchen twine and add to mushroom mixture; add garlic cloves.
- ☐ Pour chicken stock and water into mushroom mixture. Bring to a simmer and cook for 1 hour.
- ☐ Remove thyme bundle.
- ☐ Transfer soup to a blender in small batches and puree on high speed until smooth and thick.
- ☐ Return soup to pot and stir in cream. Season with salt and black pepper and serve in bowls, garnished with reserved mushroom slices and a few thyme leaves.

Nutrition Facts



Properties

Glycemic Index:47.67, Glycemic Load:2.66, Inflammation Score:-9, Nutrition Score:13.306086944497%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 262.38kcal (13.12%), Fat: 22.9g (35.23%), Saturated Fat: 14.1g (88.1%), Carbohydrates: 10.56g (3.52%), Net Carbohydrates: 8.48g (3.08%), Sugar: 5.62g (6.25%), Cholesterol: 68.29mg (22.76%), Sodium: 610.04mg (26.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.42g (14.83%), Vitamin B2: 0.8mg (47.04%), Vitamin B3: 5.99mg (29.97%), Copper: 0.54mg (26.85%), Vitamin B5: 2.43mg (24.31%), Selenium: 16.84µg (24.06%), Vitamin A: 886.49IU (17.73%), Phosphorus: 171.88mg (17.19%), Potassium: 590.09mg (16.86%), Vitamin B1: 0.19mg (12.64%), Manganese: 0.22mg (11.11%), Vitamin B6: 0.21mg (10.57%), Folate: 35.12µg (8.78%), Vitamin C: 7.22mg (8.75%), Fiber: 2.09g (8.34%), Zinc: 1.08mg (7.23%), Vitamin D: 1.08µg (7.19%), Iron: 1.28mg (7.13%), Magnesium: 23.19mg (5.8%), Calcium: 52.22mg (5.22%), Vitamin E: 0.67mg (4.45%), Vitamin B12: 0.17µg (2.86%), Vitamin K: 2.05µg (1.96%)