

CREAMY MUSHROOM SOUP



INGREDIENTS

1 lb. fresh sliced mushrooms	1/8 tsp. black pepper
3 1/2 cups ready-to-use reduced sodium chicken broth	1 cup low-fat milk
1/2 tsp. onion powder	5 Tbsps. all-purpose flour
	1/4 tsp. browning and seasoning sauce

DIRECTIONS

1. Coat a soup pot with cooking spray. Add mushrooms, and sauté over high heat 4-5 minutes, or until soft, stirring frequently.
2. Add chicken broth, onion powder and pepper. Bring to a boil then reduce heat to medium-low.
3. In a small bowl, mix milk and flour until smooth. Gradually add to soup, stirring constantly. Stir in browning and seasoning sauce and simmer an additional 5 minutes, or until thickened.

NUTRITION FACTS

Serves 5 / Serving Size - 1 cup

Calories	97
Total Fat	1.9g
Protein	8.6g
Cholesterol	2.4mg
Sodium	77mg
Total Carbohydrates	14g
Dietary Fiber	1.2g
Sugar	4.7g