

Homemade Gluten Free Cream of Mushroom Soup Recipe

by Imperfectly Happy Homesteading

Ingredients

4 Tbsp Coconut Oil
4 Tbsp Butter
2 pounds Fresh Button Mushrooms, cleaned and roughly chopped
3/4 cup Minced White Onion
4 cloves Minced Garlic
1.5 tsp Sea Salt
1 tsp dried basil
4 cups Chicken Stock
1/2 cup Heavy Cream
1 tsp freshly ground black pepper

Steps

1. Sauté the mushrooms: Heat coconut oil on medium-high heat large pot or Dutch oven. Once your oil is melted and hot add the butter and keep it moving until melted. Once the butter is melted add your chopped mushrooms and coat them completely in the butter/oil mixture.
2. Continue cooking the mushrooms until they've browned slightly and most of their moisture is gone. This should take about 8 - 10 minutes.
3. Reserve one cup of the sautéed mushrooms in a bowl for later use.
4. Add the garlic and white onions to the pot and reduce the heat down to medium. Stir to incorporate them.
5. Add salt, basil and chicken stock to the pot.
6. Bring the heat up to get the mixture to a simmer and allow it to cook for another 10 - 12 minutes.
7. Remove from burner.
8. Puree the soup until smooth. This is best done with an immersion blender but any good blender will do. You may have to work in batches if your blender is small.
9. Add more stock if you feel the soup is too thick, optional.
10. Returning the soup to the pot and add in the reserved mushrooms, black pepper and heavy cream.
11. Whisk gently over low to medium heat.
12. Now it is ready to fill up your bowls or use in your favorite recipes.

Note: if you plan to freeze or can this do not add the heavy cream until you're ready to cook.