



KETO MUSHROOM SOUP

INGREDIENTS

- White Button mushroom(sliced) – 250 gms
- Sliced onions – 1
- Medium-size garlic cloves- 8-10
- Butter – 2 tablespoons
- Heavy cream – ½ cup
- Vegetable stock/ chicken broth- 1 cup
- Mixed herbs- for seasoning
- Salt- to taste
- Black pepper powder- to taste
- Hand blender/ Mixer- to make purée

SERVINGS: 2

PREP TIME: 10 MINS

COOK TIME: 15 MINS

DIRECTIONS

- Heat a pan, add butter, garlic, and sliced onions. Sauté till they become translucent.
- Now add the chopped mushroom, salt, and pepper. Sauté them till all the water from the mushroom is evaporated.
- Close the lid so the water dries up quickly.
- Add the vegetable stock/chicken broth.
- Add the herbs and bring it to a boil.
- Switch off the oven and let it cool down for some time.
- Use an electric blender or mixer to make a purée of the cooked mushrooms.
- Again, switch on the oven and transfer the purée to the same pan, add your heavy cream now, give it a good stir.
- Garnish the soup with some butter-fried sliced mushrooms and heavy cream.