



Cream of...Something or Other

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When I think of Cream of Something Soups, I immediately envision iconic 1950s ads of creamy casseroles made by happy, smiling home cooks in aprons and pearls. My second thought then quickly turns to: what are those cream of...something or other...soups really made of?!

The answer:

WATER, MUSHROOMS, VEGETABLE OIL (CORN, COTTONSEED, CANOLA, AND/OR SOYBEAN), MODIFIED FOOD STARCH, WHEAT FLOUR, SALT, MONOSODIUM GLUTAMATE, SOY PROTEIN CONCENTRATE, DEHYDRATED CREAM (CREAM [MILK], SOY LECITHIN), YEAST EXTRACT, FLAVORING, DEHYDRATED GARLIC.

This is the why I have avoided any recipe that includes “cream of” in the ingredient list for years. However, I have now discovered that you can easily make your own Cream of Something Soup at home with just 7 ingredients- all of which you can recognize and pronounce!

To make Cream of Something Soup, follow this simple [recipe](#):

Ingredients

2 cloves garlic, minced
½ small onion, diced
½ cup main ingredient, diced
¼ cup butter or substitute (see table below)
¼ cup flour or substitute (see table below)
1 cup milk or substitute (see table below)
¾ cup chicken or vegetable broth
Salt and pepper, to taste

Directions

1. Sauté garlic, onion and main ingredient (mushrooms, celery, chicken, etc- whatever “cream of” you need to create) and set aside.
2. Melt butter over medium heat. Whisk in flour and cook for about 2 minutes to create a roux.
3. Add milk and broth slowly.
4. Add sautéed garlic, onion and main ingredient.
5. Bring to a boil. Reduce heat and simmer, stirring regularly, until it reaches the desired consistency (5-15 minutes).
6. Season to taste with salt and pepper. Then use as you would a can of condensed Cream of Something Soup in any recipe.

The beauty of making homemade cream of something soups is you can control the ingredients. Once you get a hang of the base recipe, you can make Cream of Just About Anything Soup by swapping out ½ cup of whatever main ingredient you need: cooked chicken, mushrooms, celery, asparagus, etc.

Can't consume gluten? No worries, simply substitute cornstarch for flour. Use this table as a guide for modifying the original soup base to meet your dietary needs.

SOUP BASE	Whole Foods	Dairy Free	Dairy/Gluten Free	Gluten Free	Vegetarian
Flour	Flour, unbleached	Flour	Cornstarch	Cornstarch	Flour
Butter	Butter, grass-fed	Dairy Free "Butter"	Dairy Free "Butter"	Butter	Butter
Broth	Organic Chicken or Vegetable	Chicken or Vegetable	Chicken or Vegetable	Chicken or Vegetable	Vegetable
Milk	Organic Milk	Soy Milk	Soy Milk	Milk	Milk



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