

Homemade “Cream of Something” Soup

Makes approximately 2 cups

Recipe from: onceamonthmeals.com

Ingredients

2 cloves garlic, minced

½ cup main ingredient, diced

¼ cup flour or substitute (see table)

¾ cup chicken or vegetable broth

½ small onion, diced

¼ cup butter or substitute (see table)

1 cup milk or substitute (see table)

Salt and pepper, to taste

| 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 |

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.

Notes

- 1 can is equal to about 1½ cups.
- You can make this ahead of time and store in an airtight container in the fridge for 3-4 days.
- You can also freeze these in batches to keep “cans” on hand for any recipe. Place “can” servings (~1½ cups) into freezer bags or containers.