

Homemade Cream of Mushroom Soup

1 pound mushrooms
1 onion
1/4 pound butter (unsalted if you want lo sodium)
3 - 4 tbsp flour
2 cups unsalted chicken broth (80 mg sodium, unsalted stock 260 mg)
1 cup cream (Hoosier Hill reconstituted: 6 tbsp to cup water the day
before.330 mg sodium)
garlic powder
onion powder
white pepper & lemon juice to taste
Splash of white wine (optional)

Saute mushrooms & onions in a little bit of the butter. Put the rest of the butter in the pan, add the flour and make sure flour is well mixed into the melted butter. Add the chicken stock, stirring constantly until butter flour mix is dissolved. Add cream and remaining spices plus wine, & lemon juice. Keep warm on low heat until ready to serve.