

Cream of Whatever Soup

Source: onceamonthmeals.com

Ingredients:

- 2 cloves garlic, minced
- 1/2 small onion, diced
- 1/2 cup main ingredient, diced
- 1/4 cup butter or substitute
- 1/4 cup flour or substitute
- 1 cup milk or substitute
- 3/4 cup broth

SOUP BASE	Traditional	Diet	Whole Foods	Dairy-Free	Dairy/Gluten Free	Gluten Free	Vegan	Vegetarian
Flour	Flour	Flour	Flour, organic unbleached	Flour	Cornstarch	Cornstarch	Flour	Flour
Butter	Butter	Light "Butter" Spread	Butter, organic	Dairy Free "Butter"	Dairy Free "Butter"	Butter	Dairy Free "Butter"	Butter
Broth	Chicken or Vegetable Broth	Vegetable Broth	Organic Chicken or Vegetable Broth	Chicken or Vegetable Broth	Chicken or Vegetable Broth	Chicken or Vegetable Broth	Vegetable Broth	Vegetable Broth
Milk	Whole Milk	Skim Milk	Whole Milk, organic	Soy Milk	Soy Milk	Whole Milk	Soy Milk	Whole Milk

MAIN INGREDIENT	Traditional	Diet	Whole Foods	Dairy-Free	Dairy/Gluten Free	Gluten Free	Vegan	Vegetarian
Mushroom	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms
Celery	Celery	Celery	Celery	Celery	Celery	Celery	Celery	Celery
Chicken	Chicken, cooked	Lean Chicken, cooked	Organic Chicken, cooked	Chicken, cooked	Chicken, cooked	Chicken, cooked	"Chicken" Seitan, cooked	"Chicken" Seitan, cooked
Asparagus	Asparagus	Asparagus	Asparagus	Asparagus	Asparagus	Asparagus	Asparagus	Asparagus

Directions:

- Sauté garlic, onion and main ingredient (mushrooms, chicken, celery, etc.) and set aside.
- Melt butter over medium heat.
- Whisk in flour. Cook for about 2 minutes.
- Add "milk" and broth.
- Add sautéed garlic, onion and main ingredient.
- Bring to a boil; reduce heat and simmer, stirring regularly, until it reaches desired consistency (about 10-15 minutes).
- Season to taste with salt and pepper and use as you would a can of condensed Cream of Whatever Soup in any recipe.