

Keto Mushroom Soup

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Servings: 6

Ingredients

- 1/4 cup butter
- 12 ounces mushrooms sliced
- 1/2 cup chopped onion
- 1 teaspoon minced garlic
- 1 tablespoon fresh thyme
- 4 cups chicken bone broth or regular broth
- 3 ounces cream cheese
- Salt and pepper to taste
- 1 cup heavy cream

Steps

Stove Top:

1. Melt butter in a large saucepan
2. Add mushrooms, onions, garlic, and thyme.
3. Cook until the mushrooms have released most of their liquid, about 7 minutes.
4. Add chicken broth and cream cheese to the pan, and cook until the cream cheese melts.
5. Season to taste with salt and pepper, and add heavy cream. Simmer for 15 minutes.

Instant Pot:

1. Set your Instant Pot to low saute and add butter. When the butter melts add the mushrooms, onions, garlic, and thyme. Cook for 6 minutes. Season to taste with salt and pepper.
2. Add the chicken broth and place the lid on your Instant Pot. Set pressure to high and the timer to 4 minutes.
3. Allow the pressure to release naturally for 10 minutes, and then do a quick release.
4. Set the Instant Pot to sauté, and add the cream cheese. Cook, stirring often, until the cream cheese melts.
5. Turn to warm and stir in cream.

