

## Hungarian Mushroom Soup

### From The New Moosewood Cookbook



- **Prep Time:** 20 mins
- **Total Time:** 45 mins
- **Servings:** 4

Now that I'm on a vegetarian diet, I find mushrooms satisfy that meaty texture I want in many dishes I make. Years ago my niece, Candace, gave me "The New Moosewood Cookbook" for Christmas. I wasn't a vegetarian then, but perhaps it was a sign. I immediately zeroed in on this recipe for it had the word "Hungarian" in it! Anything with paprika and sour cream was right up my alley. You can make this with a wide variety of mushroom, and hot (csipos) or smoked paprika. There are suggestions in the comments of some sites that instead of using milk and flour, use an 8 oz brick of low fat cream cheese. So, you can try that. For me, it's too much dairy but people raved about it online.

### Ingredients

- 2 tablespoons butter
- 2 cups onions, chopped
- 1 ½ to 2 lbs. mushrooms, -sliced
- 1 teaspoon salt
- 2 to 3 teaspoons dried dill weed (or 2 to 3 Tablespoons freshly minced)
- 1 tablespoon Hungarian sweet or hot paprika
- 1 teaspoon lemon juice, -fresh
- 3 Tablespoons flour
- 2 cups vegetable stock or water
- 1 cup milk
- fresh ground black pepper, -to taste
- 1 tablespoon tamari soy sauce
- 1/2 cup sour cream
- parsley, chopped – for garnish

## Directions

1. Melt butter in a kettle or Dutch oven
2. Add onions and sauté over medium heat for about 5 minutes
3. Add mushrooms, salt, dill and paprika
4. Stir well and cover. Simmer 15 minutes, stirring occasionally
5. Stir in lemon juice
6. Gradually sprinkle in flour and whisk. Stir constantly
7. Cook and stir another 5 minutes or so over medium-low heat
8. Add water and cover. Cook about 10 minutes, stirring often
9. Stir in milk. Add pepper to taste
10. Check to see if it needs more salt
11. Whisk in the sour cream and heat very gently. Don't boil or cook it after this point.
12. Serve hot, garnished with parsley if you'd like – and Enjoy!