
CREAM OF ----- SOUP

By: *RuthAnn Zimmerman*

Makes: Equivalent of 1, 10-12oz can of soup

3 TBS fat. (Butter, lard, tallow, or bacon grease)

$\frac{1}{4}$ - $\frac{1}{2}$ cup finely chopped celery, mushrooms, or chicken

Optional: Chopped onion, garlic

Sauté your veggies, mushrooms, or chicken in the fat to help them release their flavor.

Then add:

4 TBS flour

Stir flour into sautéed veggies and fat until a smooth paste is formed.

Then add:

$\frac{1}{2}$ cup chicken broth or water

$\frac{1}{2}$ cup milk or cream

$\frac{1}{4}$ to $\frac{1}{2}$ tsp salt

$\frac{1}{4}$ tsp black pepper

Simmer until desired thickness is reached and use anywhere you would use tin can 'cream of ---- soup'.

Keep in refrigerator for up to 2 weeks or freezer for up to 6 mo.

