

Hungarian Mushroom Soup

12 ounces mushrooms -sliced
2 cups onion -chopped
2 tablespoons butter
3 tablespoons flour
1 cup skim milk
2 teaspoons dill weed
1 tablespoon hungarian paprika
1 tablespoon tamari soy sauce
1 teaspoon salt
2 cups stock
2 teaspoons lemon juice -fresh
1/4 cup parsley -chopped
fresh ground black pepper -to taste
1/2 cup sour cream

1. Saute onions in 2 Tbsp stock, salt lightly. A few minutes later, add mushrooms, 1 tsp dill, 1/2 cup stock or water, tamari, and paprika. Cover and simmer 15 minutes.
2. Melt butter in large saucepan. Whisk in flour and cook, whisking, a few minutes. Add milk. Cook, stirring frequently, over low heat about 10 minutes - until thick.
3. Stir in mushroom mixture and remaining stock. Cover and simmer 10-15 minutes.
4. Just before serving, add salt, pepper, lemon juice, sour cream, and if desired extra dill (1 tsp). Serve garnished with parsley.