

# Mushroom and Beef Soup



Serves 8

Ingredients:

- 2 pounds ground beef
- 1 small onion, chopped
- 1 clove garlic, minced
- 16 ounces fresh mushrooms, sliced
- 1 (15 ounce) can pumpkin puree\*
- 1 (14 ounce) can beef broth OR 2 cups homemade beef broth
- 2 cups chicken broth

Adapted from GenaW.com (Linda's Low Carb)

- 1 teaspoon beef bouillon granules
- 1/2 cup heavy cream
- 1/2 cup dry white wine or water
- 1 to 2 teaspoons salt
- 1/4 teaspoon pepper

Instructions:

1. In a 6-to 8-quart pot, brown the ground beef along with the onion, mushrooms and garlic; drain the fat.
2. If using canned broth, add water to make 2 cups. Add the pumpkin to the ground beef mixture; blend well then add the broth and bouillon. Season with salt and pepper.
3. Cover and simmer 20 to 30 minutes. Add the cream and wine or water; simmer 10 to 15 minutes longer. Adjust the seasoning, if needed.

Note:

\*The thickness of the soup may depend on the brand of pumpkin puree used. If the soup seems thin, add 1/2 teaspoon xanthan gum.

Nutrition per serving: Calories 298; Total Fat 19.0 g; Saturated Fat 8.5 g; Monounsaturated Fat 7.5 g; Polyunsaturated Fat: 0.7 g; Total Carbohydrates 8.5 g; Dietary Fiber 2.3 g; Sugar Alcohols 0.6 g; Sugars 4.4 g; Protein 23.2 g; Sodium 1210 mg