



Oyster Mushroom Stew

6 cups chicken or vegetable broth (or water)
4 T butter
6 green diced onions
1/2 cup diced celery
4 cloves of minced garlic
1 cup cooked and diced potatoes
1/2 pound oyster mushrooms
2 T flour
4 cups non-fat, or low fat milk
1/2 t parsley
1/2 t paprika

DIRECTIONS

Place the broth (or water) in a pot over medium-high heat.

Melt 2 T of the butter in a frying pan and add the onions, celery, garlic, potatoes and mushrooms. Saute' for about 5 minutes, stirring occasionally, then add to the pot.

Melt the rest of the butter in the frying pan, add the flour and brown it; add milk and whisk until well blended and smooth, then transfer into your stew.

Reduce heat and simmer about 20 minutes. Garnish with parsley, paprika, croutons and/or cheese slices.
