

Creamy Keto Mushroom Sauce

★★★★★
5 from 86 votes!

A delicious creamy mushroom sauce that you will want to smother on everything. With just 6 ingredients this sauce is ready in less than 10 minutes. Pair it with steak, chicken, pork, bacon or pasta!

Prep Time	Cook Time	Total Time
5 mins	5 mins	10 mins

Course: Sauces Cuisine: Australian Keto Diet: Diabetic, Gluten Free Recipe Category: Low Carb Servings: 2 serves

Calories: 324kcal Author: Megan Ellam

- Ingredients
- 1 tablespoon butter
 - 1 clove garlic
 - 150 g mushrooms sliced
 - 1/2 teaspoon dried thyme or fresh
 - 1/2 cup cream
 - 1/4 cup parmesan
 - Salt and pepper to taste
 - Finely chopped fresh parsley to serve

Instructions

CONVENTIONAL METHOD

1. Melt butter over medium high heat in a wide based frying pan.
1 tablespoon butter
2. Finely mince garlic and add to foaming hot butter. Add mushrooms and thyme; stir to coat. Sautè until mushrooms are lightly golden but still soft.
1 clove garlic, 150 g mushrooms, 1/2 teaspoon dried thyme
3. Add cream and parmesan; season to taste. Cook stirring for 1-2 minutes until sauce has thickened. Remove from heat and serve with finely chopped parsley.
1/2 cup cream, 1/4 cup parmesan, Salt and pepper, Finely chopped fresh parsley

THERMAL METHOD

1. Place a small handful of parsley to mixer; chop 10 sec/speed 10. Scrape and repeat if needed. Scrape into a small bowl and reserve.
Finely chopped fresh parsley
2. Add garlic and butter to mixer; chop 3 sec/speed 7. Scrape down sides of bowl; cook 4 min/100°C/speed 1.
1 tablespoon butter, 1 clove garlic
3. Add sliced mushrooms and thyme to butter; cook 5 min/110°C/reverse/stir/MC off. Add cream, parmesan and season to taste; cook 3 min/110°C/reverse/stir/MC off. Serve with reserved parsley.
150 g mushrooms, 1/2 teaspoon dried thyme, 1/2 cup cream, 1/4 cup parmesan

Notes

INGREDIENTS

- I use button mushrooms, but any mushrooms of choice can be used. In the thermal method I do not use the mixer to chop the mushroom as I prefer them sliced in the sauce.
- Cream can be replaced with coconut cream or stock/bone broth if preferred.
- Parmesan can be swapped for any cheese or for a cheese free sauce add 1 tablespoon of nutritional yeast for a cheesy flavour.
- Any herbs of choice can be used.

THERMOMIX MUSHROOM SAUCE

Making mushroom sauce in the Thermomix is easy. This recipe will thicken. If yours is still thin after resting for 5 minutes just cook it a little longer.

STORAGE

- The sauce can be made in bulk and stored in the fridge for up to 4 days or frozen as part of a meal or in individual serves.
- When reheating sauce be careful to do so over low heat to avoid splitting the cream.

NUTRITIONAL

- The nutritional values have been calculated using the recipe ingredients as listed for 2 serves.
- This sauce is 4g net carb per serve.

USES

- The creamy keto mushroom sauce can be used as a sauce to be served with vegetables or protein. Alternatively, it can be used as a keto pasta sauce or over keto toast.
- Add some chopped bacon or chicken for a delicious meal.

Nutrition

Serving: 1serve | Calories: 324kcal | Carbohydrates: 5g | Protein: 8g | Fat: 31g | Saturated Fat: 19g | Cholesterol: 105mg | Sodium: 277mg | Potassium: 283mg | Fiber: 1g | Sugar: 2g | Vitamin A: 1147IU | Vitamin C: 2mg | Calcium: 187mg | Iron: 1mg | Magnesium: 16mg | Net Carbs: 4g