



Mushroom Soup

Serves 4

30g butter
1 medium onion - chopped
340g mushrooms - chopped
3 tbsp chopped parsley
1 small clove garlic – whole, skin removed
2 slices of bread (about 100g) – torn into pieces
900ml chicken or vegetable stock
½ tsp grated nutmeg
75ml half fat crème fraiche (optional)
Salt & pepper to taste



1. Melt the butter in a large, heavy saucepan
2. Add the chopped onion and clove of garlic. Fry gently for a few minutes to soften.
3. Add the chopped mushrooms, increase the heat and when the juice starts to come out of the mushrooms, add the bread.
4. Stir round to allow the bread to absorb the mushroom juices, then add the stock.
5. Bring to the boil, turn down and simmer gently for 10 minutes.
6. Add the parsley, cream and grated nutmeg.
7. Taste and add salt and pepper as required.

Calories per portion	267
Total Fats	12.5g
Saturates	7.3g
Carbohydrates	26.6g
Protein	10.8g
Sodium	548mg
Sugars	8.7g