

Mushroom Soup

1lb/650g Mushrooms, roughly chopped
1 Small Onion Chopped
2oz/50g Butter
1 Garlic Clove finely chopped
½ tsp dried Thyme
½ Litre of Skimmed Milk
½ Litre Chicken or Veg Stock
Salt and Pepper



1. Melt butter in a large saucepan, add the onions. Cook over a low heat, stirring occasionally for 8-10 mins, until golden. Add the mushrooms and garlic and cook, stirring frequently for 5-7 mins until they have released their liquid.
2. Add the thyme and cook for 2 mins, then pour in the stock and bring to the boil over a medium heat. Reduce the heat, cover and simmer for 20-25 mins.
3. Remove the pan from the heat and let cool slightly. Transfer the soup to a food processor or blender and puree. Return the soup to a rinsed out pan, season with salt and pepper and reheat gently. Serve or cool down and refrigerate or freeze.