

# Mushroom and Leek Soup

**Makes:** 4 Servings

## Ingredients

2 tbsp olive oil  
1 onion, chopped  
1 leek, sliced  
250g mushrooms, roughly chopped  
700ml chicken stock, made with stock cubes  
500ml low fat milk



## Instructions

1. Heat the olive oil in a pan, add the onions, leek and mushrooms and cook for 5 minutes.
2. Add the chicken stock and bring to the boil and simmer for 5 minutes
3. Take off the heat and add the milk, blend the soup until smooth.
4. Season with salt and pepper, re-heat and serve

## Nutrition information:

Per serving:

Kcal 159  
Sat Fat 3.8g  
Carbs 10g  
Protein 9.5g