

GARLIC MUSHROOM SOUP



QUICK

10 - 15 mins prep

HEALTHY

Mushrooms contain high amounts of copper which is needed to produce blood cells and maintain heart health

FAMILY

Feeds 8 with spare...

MEALS

This big bowl of soup is warm and filling – serve as a starter or with a protein

INGREDIENTS

- 1kg mushrooms
- 1 tbs oil
- 2 medium onions
- 1 garlic bulb
- 2 large potatoes (approx. 500g)
- 1.5 - 2 vegetable stock cubes
- 1500 ml water
- Salt and Pepper
- Optional – 10g parsley

METHOD

- 1) Heat 1 tbs oil in a large saucepan
- 2) Dice the onions and add to the saucepan
- 3) Roughly chop the mushrooms and add as you go along
- 4) Mix
- 5) Top and tail the whole bulb of garlic, then separate cloves
- 6) Remove skins, mince the garlic and add
- 7) Dice the potato into small-ish pieces - Do not peel if it is clean. Just wash it – add to the pan.
- 8) Mix
- 9) Add 1.5 litres vegetable stock - cover and bring to the boil
- 10) Simmer for 10 minutes - until the potato is soft
- 11) Blend till smooth
- 12) Add salt and pepper
- 13) Taste (add more stock or S&P to taste)
- 14) Serve with freshly chopped parsley on top.



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com