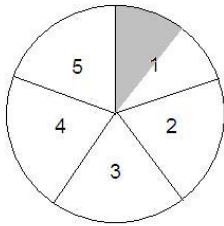


Mushroom Soup

Serves about 4

Portions of fruit and vegetables per serving: $\frac{1}{2}$



Hob needed



Allergen information:

Allergens are in bold.

Contains cereals

containing gluten

Contains milk

May contain celery and

soya

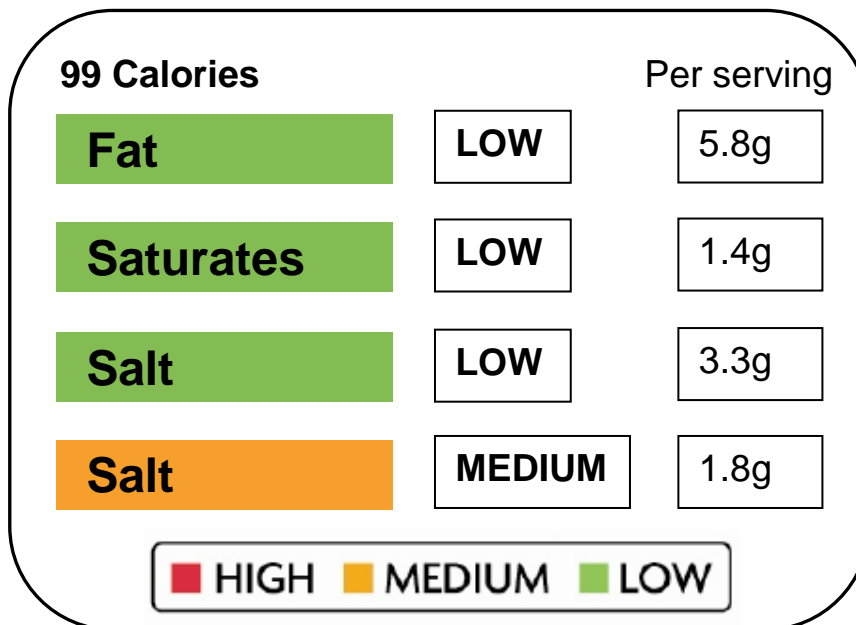
Ingredients	Amount	Preparation
low fat margarine	25g (1oz)	
mushrooms	150g (6oz)	cleaned and chopped
boiling water	500ml (1 pint)	
vegetable stock	1 cube	
plain flour	25g (1oz)	
semi skimmed milk	250ml ($\frac{1}{2}$ pint)	
black pepper	to taste	

Please Turn Over



Method

- 1 Melt the margarine in a saucepan, add the mushrooms and gently fry for 3-5 minutes.
- 2 Put the boiling water in a jug or bowl and crumble the stock cube into it.
- 3 Add the flour to the mushrooms to make a roux (flour and margarine mix). Cook on a low heat for 2 minutes (do not allow to stick).
- 4 Take the pan off the heat. Add the milk slowly a little bit at a time. Mix well until all the milk has been added. This mixture can now be used as a sauce.
- 5 Now add the stock and black pepper, stir well. Bring to the boil stirring constantly. Reduce the heat and simmer for 8 minutes. Test for taste, add more black pepper if needed.
- 6 Serve.



Handy Hints

- Serve with crusty bread or small pieces of toast
- Add other vegetables e.g. sweetcorn, courgette, carrots and peas to make mushroom and vegetable soup.
- The stock increases the salt content of this recipe, so avoid adding any additional salt.

