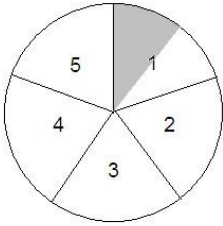



# Mushroom Soup

Serves about 4

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



Hob needed



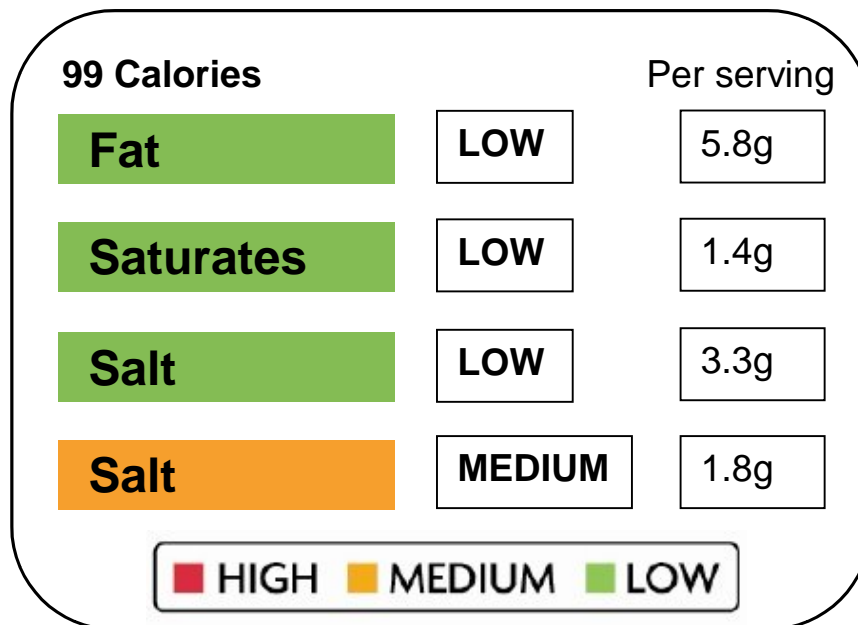
Ingredients	Amount	Preparation
low fat margarine	25g (1oz)	
mushrooms	150g (6oz)	cleaned and chopped
boiling water	500ml (1 pint)	
vegetable stock	1 cube	
plain flour	25g (1oz)	
semi skimmed milk	250ml ( $\frac{1}{2}$ pint)	
black pepper	to taste	

**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.

