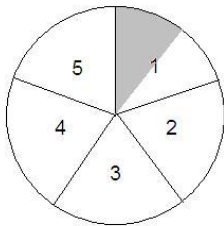


# Mushroom Soup

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

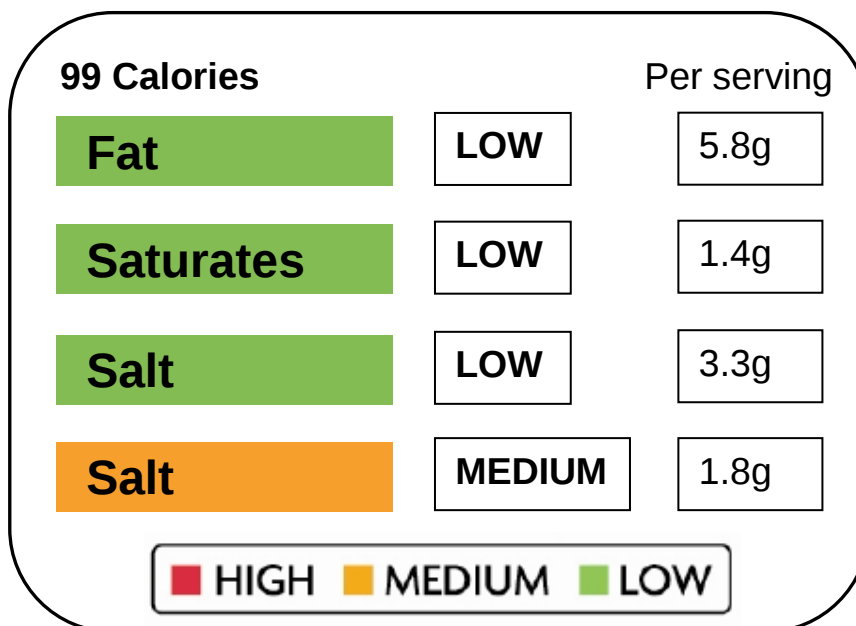
May contain celery and soya

| Ingredients              | Amount                      | Preparation         |
|--------------------------|-----------------------------|---------------------|
| low fat <b>margarine</b> | 25g (1oz)                   |                     |
| mushrooms                | 150g (6oz)                  | cleaned and chopped |
| boiling water            | 500ml (1 pint)              |                     |
| <b>vegetable stock</b>   | 1 cube                      |                     |
| plain <b>flour</b>       | 25g (1oz)                   |                     |
| semi skimmed <b>milk</b> | 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.

