

MUSHROOM SOUP

Time: 40 minutes

Serves: 4

Ingredients:

60g unsalted butter
300g cremini mushrooms – finely chopped
100g shallots – finely chopped
10g garlic - finely chopped or grated
1g dried thyme
5g kosher salt
2g fresh ground black pepper
500g chicken stock
500g heavy cream
20g arrowroot powder (optional)

Preparation:

Place a five or six litre pot on medium-high heat. Add the butter and mushrooms, stirring occasionally for ten minutes or until the mushrooms begin to brown.

Stir in the shallots, garlic, thyme, salt and pepper. Cook for four minutes, stirring occasionally.

Add the chicken stock and turn the heat to high. Bring to a boil for five minutes.

Turn the heat to medium-low. Whisk in the cream and arrowroot powder. Cook for five minutes.

Serve immediately.

Nutritional Information Per Serving:

Calories: 594
Fat: 59g
Carbs: 15g
Fibre: 1g
Protein: 6g