



Creamy Mushroom Soup



Preparation time 15 mins

Cooking time 20 mins

Food Fact:-

Mushrooms are one of the few food sources we can obtain Vitamin D from. They are also rich in Vitamins B2, B3 and B5 and minerals Selenium and Potassium.



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Ingredients

1. Cook the onion, mushrooms (reserve a few for garnish) and oil together in a bowl on 100% for 3 minutes.
 2. Stir in the flour to form a paste, gradually add the milk and stock.
 3. Stir in the marjoram, basil, salt and pepper to taste.
- Cook on 100% for 8 minutes, stir after 4 minutes.
- Blend and add the yoghurt, cook on 100% for 3 minutes, or until heated through

125g (5oz) onion, chopped
225g (8oz) mushrooms, sliced
15ml (1 tbsp) olive oil
25g (1oz) plain flour
300ml (1/2 pint) semi skimmed milk
450ml (3/4 pint) hot vegetable stock
2.5ml (1/2 tsp) dried marjoram
2.5ml (1/2 tsp) dried basil
150ml (1/4 pint) low fat yoghurt
pepper to taste

