

Mushroom Soup

GF. Vegan. Mushrooms seem to be one of those love or hate vegetables. Apart from my brother who likes mushroom soup but doesn't like actual mushrooms. I LOVE THEM!

INGREDIENTS

- 1 large white onion, finely chopped
- 2 garlic cloves, roughly chopped
 - 2 tbsp olive oil
- 600g chestnut mushrooms, sliced
- 1 teaspoon fresh thyme leaves
 - 4 cups vegetable stock
 - 2 bay leaves
 - Salt and pepper
- 1 cup dairy free cream (I use Alpro but normal single cream also works)
- Optional garnishes are sauteed mushrooms, fresh parsley and pumpkin seeds

METHOD

- Cook onions and garlic in the olive oil over a medium heat for 10 minutes till softened but not browned
- Add the mushrooms, increase the heat to high and cook for 5 minutes stirring regularly
- Add the stock, thyme and bay and simmer for 10 minutes
- Remove the bay leaves, add the cream and blitz to a smooth consistency
- Season with salt and pepper and serve