



Wild mushroom soup

20'

Hands on

20'

Cook Time

6

Portion(s)

1

Difficulty



Ingredients

- 2 tablespoons olive oil
- 500 g wild mushrooms, cut into slices + a few extra, whole, to garnish
- 3 tablespoons butter
- 2 leeks (the white part), cut into rounds
- 3 cloves of garlic
- 5 sprigs of thyme (only the leaves)
- ½ teaspoon salt
- ½ teaspoon pepper
- 600 g chicken stock or 600 g water and 2 chicken bouillon cubes
- 250 g heavy cream + extra to serve
- chive, to serve

Method

- In a **pot** placed over medium heat, add the olive oil and let it get hot.
- Sauté all the mushrooms for 5-6 minutes, until golden.
- Remove them from the pot and keep them warm onto a **plate**. In the same pot, add the butter and let it melt.
- Sauté the leeks and the garlic for 8-10 minutes. You do not want them to turn golden.
- Add only the chopped mushrooms into the pot.
- Add the thyme, salt and pepper, and sauté for 1 more minute.
- Lastly, add the chicken stock or the water with the bouillon cubes, and simmer until the mushrooms are tender and well boiled.
- Put the soup through a food processor or make it smooth with an immersion blender.
- Add the heavy cream and stir a little.
- Serve with the whole mushrooms that you kept aside, chive, and some more heavy cream.

Tip

If you want, you can accompany your soup with a few crumbled carob rusks.

Διατροφικός πίνακας

Nutrition information per portion

116 Calories (kcal)	9.2 Total Fat (g)	5.7 Saturated Fat (g)	4.5 Total Carbs (g)
6%	13%	29%	2%
1.8 Sugars (g)	4.0 Protein (g)	1.3 Fibre (g)	1.2 Sodium (g)
2%	8%	5%	20%