

Mushroom Soup

Makes a 4 litre pot, about 10 portions, adjust accordingly.
It freezes really well.

1 large onion roughly chopped
2 cloves garlic roughly chopped
4 medium carrots roughly chopped
1kg white mushrooms roughly chopped
250g more interesting mushrooms: chestnut, portobello etc., finely chopped or sliced

Spices:

ground black pepper ½ tsp

grated nutmeg a pinch
turmeric powder a pinch
mild paprika ½ tsp
celery salt 1 tsp

5 Kallo organic vegetable stock cubes

Method

Fry the onion, pepper, and about a third of the mushrooms in a tablespoon of (rapeseed) oil, until nice and brown.

Release from the base of the pan with a little water a few times, you're looking for a sticky mushroomey paste.

Add the rest of the white mushrooms, the carrots and water to ¾ fill the pan. Add the stock cubes and the remaining spices.

Simmer for 35 minutes until the vegetables are soft.

Blend to a smooth consistency, adding boiling water to top up the pot.

Add in the finely chopped 'interesting' mushrooms, simmer for a few minutes more.

