



Mushroom & Potato Soup

2 tbs olive oil
1 brown onion, finely chopped
1 garlic clove, crushed
1 tbs thyme leaves
400g (3 medium) sebago potatoes, peeled, chopped
600g mushrooms (swiss brown & cups), sliced
5-6 cups vegetable or chicken stock
1/2 cup thickened cream
Thyme leaves & toasted rye bread, to serve

1. Heat oil in a large saucepan over medium heat. Add the onion, garlic and thyme, cook, stirring for 5 minutes until the onion is soft. Add the potato and cook for 5 minutes until potato starts to soften.
2. Increase heat to high, add the mushrooms and cook for 5 minutes. Add 5 cups of stock and bring to the boil. Reduce heat to medium and boil gently, stirring occasionally, for 10 minutes.
3. Blend or process to desired consistency. Return soup to clean pan and stir in the cream. Season with salt and pepper, adding remaining stock if required. Cook over medium-low heat until warmed through.
4. Ladle the soup into serving bowls or cups, sprinkle with thyme and serve with toasted rye bread. Soup keeps for 5 days in the fridge.

Lighter option: replace the cream with reduced fat cream.