

# Mushroom, leek & thyme soup



## Mushroom, leek & thyme soup

**Preparation:** about 20 minutes  
**Cooking:** about 45 minutes  
**Serves:** 4

2 tbs olive oil  
2 leeks, trimmed, halved lengthways and thinly sliced  
2 garlic cloves, finely chopped  
400g Desiree potatoes, peeled and diced  
500g cup or button mushrooms, roughly chopped  
3 ½ cups chicken stock  
2 tsp thyme leaves + extra sprigs, to serve  
½ cup reduced fat sour cream  
salt and ground black pepper  
grilled bread to serve

1. Heat oil in a large saucepan over medium heat. Add leeks and garlic. Cook, stirring often, for 4–5 minutes until leeks are tender. Add potatoes and mushrooms, Cook, stirring often, for 5 minutes. Stir in stock, cover and bring to the boil. Reduce heat to medium-low, cover and simmer, stirring occasionally, for 20 minutes until potatoes are tender. Remove from heat.
2. Blend or process soup until smooth. Add thyme and sour cream and heat soup over medium heat, stirring occasionally, for 4–5 minutes until hot. Season with salt and pepper to taste. Ladle into bowls, top with thyme sprigs and serve with grilled bread.



### Mushrooms

- Supply worthwhile quantities of six of the eight B complex vitamins, including thiamin (B1), riboflavin (B2), niacin (B3), folate, pantothenic acid (B5) and biotin. These vitamins play many roles and are vital in the reactions within the body that produce energy from proteins, fats and carbohydrates.
- Great flavour for virtually no fat and low in kilojoules (less than 100 kJ/100g).