

# Mushroom Soup

## For 4 people:

1/8 butter (not low-fat spread), or dessert-size spoon coconut oil, or slosh of olive oil,

1 large white onion, or 2 medium onions, chopped fairly small,

Couple of cloves of garlic, chopped finely,

4 large Portobello mushrooms, or punnet of chestnut or white mushrooms, chopped or sliced,

1 – 2 pints chicken broth, or 1 – 2 chicken stock cubes in 1 -2 pints water,

Salt and pepper, teaspoon of dried thyme or ½ bunch fresh thyme,

Small tub of double cream,

Optional: ciabatta bread and stilton cheese, and swirl of cream,

-----

Heat the butter (or coconut oil or olive oil) in a large saucepan or casserole pot,

Stir in the chopped onions on a medium heat until translucent,

Add in the mushrooms and stir (a little more butter or oil may be needed if the mushrooms absorb too much),

Add in the garlic and stir just for a minute or two (don't allow the garlic to burn),

Pour in the chicken broth or chicken stock cubes and water, salt and pepper, and thyme,

Bring to the boil, then simmer for 10 – 15 minutes,

Take off the heat and stir in the cream,

Blend until smooth,

Pour back into the pan to reheat gently (don't bring back to the boil),

Slice the ciabatta bread and slightly toast on one side, turn over and crumble on the stilton cheese, then gently toast until cheese is melted,

Pour the soup into bowls, swirl in a spoon of cream if wanted, and put the ciabatta and stilton slices on top,

Or, serve with rolls, or toast, or croutons, or oat biscuits.