



eatwise

## **Creamy Mushroom Soup (Serves 4–6)**

*Delicious, creamy mushroom soup – and so simple to make*

15ml / 1 tbsp. olive oil

2 medium leeks, washed\* and roughly chopped

500g mushrooms, washed

4tsp Marigold Bouillon powder

1 litre water

2 tbsp. Philadelphia Light cheese spread

1. Heat olive oil in large non-stick pan. Add prepared leeks, stir for a few moments then reduce the heat and cover, leaving to cook while you prepare the mushrooms.
2. Roughly chop the mushrooms (no need to de-stalk them – it's all good fibre!) and add to the pot. Stir until well mixed.
3. Add water and bouillon powder
4. Cover and simmer for 10–15 minutes.
5. Turn off the heat and allow to cool slightly before adding the Philadelphia Light
6. Liquidise until the soup is smooth and creamy, taste and season if necessary, adding more water if it is too thick.

\* It's important to wash leeks very thoroughly –start by cutting off the tough outer leaves at the top, trim them so that you get rid of the very coarse leaves at the top of each 'layer'. Then place on a board and cut through the length of the leek but leaving the root end intact, do the same again so that you have the root with the leaves attached but now in 'ribbons'. Swirl around in a basin of water, then hold under the tap to be sure all the grit is washed away.