

Mushroom-Leek Soup

A rich & easy soup, using just a few easy to find ingredients!

A lovely beginning or finishing for any meal.

Ingredients:

- 2 tsp olive oil
- 3 large leeks, thinly sliced
- 8 oz button mushrooms, thinly sliced (about 5 cups)
- 3 medium tomatoes, chopped (or ½ large can diced tomatoes)
- 2 tsp dried tarragon
- 1 ¼ tsp dry mustard
- 3 cups vegetable broth
- Salt & pepper, to taste



Nutritional Information (per serving):

- Calories: 85
- Total Fat: 2.5g
- Carbs: 15g
- Fibre: 2g
- Protein: 3g

Preparation:

1. Heat oil in large saucepan over medium heat. Add the leeks and cook, stirring, until softened, about 2 minutes.
2. Add the mushrooms and tomatoes and cook, stirring often, until the mushrooms give off their liquid and it comes to a simmer, about 3 minutes.
3. Stir in the tarragon and dry mustard, then pour in the broth and return to simmer. Cover, reduce to low and simmer 15 minutes. Season with salt & pepper. Serves 6.