

This soup can be blended or served chunky depending on your preference.

Healthy Choices category:

GREEN
(Best choices)

Ingredients	10 serves	15 serves	25 serves
Olive oil	20mL	30mL	50mL
Onion, chopped	2 medium	3 medium	5 medium
Garlic, crushed	5 cloves	10 cloves	15 cloves
Thyme, fresh, stalks removed	2 tablespoons	3 tablespoons	5 tablespoons
Mushrooms, sliced	1.5kg	2.25kg	3.75kg
Lemon zest	2 teaspoons	1 tablespoon	1 ½ tablespoons
Vegetable stock, reduced salt	1 litre	1.5 litres	2.5 litres
Parsley, fresh, chopped	1 cup	1 ½ cups	2 ½ cups
Natural yoghurt, reduced fat (to serve)	250g	400g	650g
Black pepper	To serve	To serve	To serve
Wholemeal/wholegrain bread rolls (to serve)	10	15	25

Method

- 1 Heat oil in a large saucepan. Add onion, garlic and thyme and cook, stirring regularly, until onion is slightly transparent.
- 2 Add mushrooms and lemon zest and cook for a further 3 to 4 minutes.
- 3 Add stock and bring to the boil. Reduce heat to low and simmer for 15 minutes.
- 4 Using a hand blender, blend the soup until it forms a smooth consistency and no large chunks remain.
- 5 Stir through half the parsley.
- 6 Serve scattered with remaining parsley, a dollop of natural yoghurt, a sprinkling of black pepper and a bread roll.

Tips

- Step 4 (blending the soup) can be omitted if you prefer a chunky consistency.
- Frozen chopped onion and crushed garlic can be used for convenience. Replace 1 medium onion with 125g frozen onion, and 1 clove garlic with 1 heaped teaspoon of crushed garlic.

Recipe reproduced with permission from Hurstbridge Primary School.

The nutritional information provided is based on the exact ingredients and method as shown. Any variation/s to the ingredients or method may alter the nutritional outcome.

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