**Easy mushroom soup recipe**

Serves 4

* 500g mushrooms
* 1 large onion, peeled and dice
* 500ml vegetable stock
* 200ml light, unsweetened soya milk (cow’s milk can be used instead if preferred)
* 1tbsp olive oil
* 2 cloves garlic, crushed
* 3-4 sprigs of fresh thyme
* salt & pepper

1. Using a large, non stick pan, sauté the onions and garlic in the olive oil until soft then add the mushrooms and thyme.
2. Fry the mushrooms until lightly browned, add the hot stock then pour the contents of the pan into a blender and blend until smooth. Return the soup to the pan, add the soya milk and heat through.
3. Season to taste and serve in large bowls decorated with a sprig of thyme in each.