



## Mushroom Soup ( L )

Serving: 1

Veg

### *Ingredients*

- 8-10 chopped mushrooms (khumbh)
- 1 tsp Olive oil
- 2 tbsp chopped onions
- salt and to taste
- 2 tbsp low-fat milk

### *Preparation Method*

- -Heat the oil in a deep non-stick pan, add the onions and mushrooms and sauté on a medium flame for 1 minute.
- -Add 1 cups of hot water, mix well and cook on a medium flame for 5 to 6 minutes or till the mushrooms get cooked.
- -Allow it to cool slightly and blend in a mixer to a smooth transfer the purée into the deep non-stick pan, add the salt, pepper and milk, mix well and bring to a boil.
- -Serve hot.