

Soups

Wild Mushroom and Chestnut Soup - Yeo Valley

www.yeovalleyorganic.co.uk

A delicious, feel-good soup developed by our friends at Yeo Valley, the leading organic dairy in UK.

The recipe features Yeo Valley Organic Butter and their delicious Natural Greek Style Yogurt.

Rich and creamy this is a wonderful Autumn soup. Use a variety of mushrooms for maximum flavour.

And, by using Sierra Rica cooked and peeled chestnuts this is a speedy soup to make and a delicious hearty meal. Accompany with some freshly baked wholemeal bread.

Serves 6

- 25g (1oz) Yeo Valley Organic Butter
- 2tbsp olive oil
- 1 clove garlic, crushed
- 1 onion, chopped
- 2 sticks celery, chopped
- 350g (12oz) mixed wild mushrooms
- 150ml (5floc) white wine
- 750ml (26floc) chicken or vegetable stock
- 400g (14floc) Sierra Rica cooked and peeled whole chestnuts
- 250g (8oz) Yeo Valley Organic Greek yogurt



Melt the butter in a large saucepan with the olive oil. Add the garlic, onion and celery and sauté for 5 minutes until soft. Add the mushrooms, white wine and chicken stock. Bring to the boil then simmer for 15 minutes. Add the chestnuts and cook for a further 5 minutes. Puree the soup until smooth with a hand blender or place in a food processor. Return the soup to the pan and stir in the Greek yogurt. Warm through but do not allow the soup to boil. Serve immediately.

You can freeze this soup for up to 1 month after pureeing and before adding the Greek Yogurt. Defrost then add the yogurt and heat through to serve.

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Wild Mushroom and Chestnut Soup - Yeo Valley

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Nutritional Information

Per serving: calories 248kcal, carbohydrates 26.4g, total sugars 7.2g, protein 4.2g, total fats 12.8g, saturated fat 5.6g, fibre 2.3g, sodium 0.11g, calcium 112mg

Per 100g: calories 75kcal, carbohydrates 8g, total sugars 2.2g, protein 1.3g, total fats 3.9g, saturated fats 1.7g, fibre 0.7g, sodium 0.035g, calcium 34mg
