

Mushroom soup

Savoury

level 

 1

 20 min



Ingredients

200 ml	Fresubin Energy DRINK Neutral
80 g	mushrooms, fresh or tinned
20 g	onions
1 table-spoon	sunflower oil
150 ml	milk (3.5% fat)
100 ml	meat stock
20 g	wheat flour
20 g	butter
	salt, white pepper, lemon, garlic, chopped parsley

Nutritional information per serving:

Energy	775 kcal
Protein	22.3 g
Fat	49.0g
Carbohydrate	61.0 g
Fibre	2.6 g



Alternative products:

Fresubin[®] 2 kcal/Fibre DRINK

Preparation

Slice onions and mushrooms and fry gently in oil. Add milk and Fresubin Energy DRINK Neutral.

Make a roux with butter and flour and add to soup to thicken.

Season to taste and add chopped parsley as garnish.

TIP:

As an alternative use other mushrooms e.g. oyster mushrooms.