



Creamy mushroom soup with meatballs

Serves 4

400g lean beef mince
1 small brown onion, grated
1/2 cup fresh multigrain breadcrumbs
1/3 cup finely chopped flat leaf parsley
1 egg, lightly beaten
60g butter
2 leeks, finely chopped
2 garlic cloves, crushed
600g flat mushrooms, diced
1/4 cup plain flour
4 cups chicken stock
2/3 cup thickened cream
toasted bread, to serve

- 1.** Preheat oven 200°C fan forced. Combine mince, onion, breadcrumbs, half the parsley and egg in a large bowl. Season with salt and pepper. Mix well. Roll tablespoons of mixture into balls. Place on a lightly greased baking tray. Spray with oil and bake 10 minutes until light golden.
- 2.** Melt the butter in a large saucepan over medium-high heat until butter begins to foam. Add leeks and garlic and cook, stirring often, for 3–4 minutes or until soft.
- 3.** Add the mushrooms. Cover and cook, for 10 minutes or until mushrooms are tender. Add flour and cook, stirring constantly, for 2 minutes. Gradually add stock, stirring constantly. Bring to the boil, reduce heat to medium-low and simmer, uncovered, stirring occasionally for 10 minutes.
- 4.** Remove from the heat and blend or process to desired consistency. Return to the saucepan, stir in cream and meatballs. Stir over medium-low heat, without boiling, until hot. Season with salt and pepper, sprinkle with remaining parsley. Serve with toasted bread.

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