



# MUSHROOM AND SMOKED TOFU SOUP

## Hot Soup Program

### Ingredients:

2 onions	pepper
1 clove of garlic	water
mushrooms (e.g. button mushrooms)	olive oil and walnut oil
salt	1 bunch of parsley

Heat the olive oil in a frying pan and lightly brown the onions and garlic. Wash and finely chop the mushrooms, then add them to the onion and garlic mixture. Cover to make soup (leave uncovered, allowing the water to evaporate to make sauce) and cook over low heat for 15 minutes. Add the parsley and cook for 5 more minutes. Put everything into the blender and select the “hot soup” function. Season and add the smoked tofu (reserve a few pieces for garnish). Serve in a bowl and top with a drizzle of walnut oil and a few sprigs of parsley.

### TEFAL TIP:

Mushrooms are one of nature’s treasures, whose health benefits we are only beginning to discover. They are rich in selenium, fibre, and proteins. They also contain ergosterol, a precursor of vitamin D, as well as vitamin B, potassium, and iron. They help keep your body trim since they satisfy hunger pangs and their fibre content facilitates intestinal transit.