**Vegan Cream of Mushroom Soup (GF)**

This Vegan Cream of Mushroom Soup is full of flavour, so easy to make and seriously healthy!

**Ingredients**

* 1 tablespoon oil (coconut, vegetable, rapeseed or olive)
* 1 onion , diced
* 2 garlic cloves , roughly chopped
* 1 celery stick , sliced
* 300 g (10.5 oz) mushrooms , sliced (use any type of mushrooms you like!)
* 7 g (0.25 oz) dried porcini mushrooms - soaked, rinsed and finely chopped (optional)
* 230 ml (1 cup) [unsweetened almond milk](https://www.amazon.com/gp/product/B002H0627G/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B002H0627G&linkCode=as2&tag=rhiansrecip00-20&linkId=f891881c93fffd03af4bd65d1c32355f) (or sub unsweetened oat milk for a nut-free version)
* 400 g (14 oz) tin of white beans , drained and rinsed (cannellini, haricot or butter beans)
* 1 [vegetable stock cube](https://www.amazon.com/gp/product/B01G3GLSD2/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01G3GLSD2&linkCode=as2&tag=rhiansrecip00-20&linkId=34266c869957d506fa8946a74e5958d8) (ensure gluten-free if necessary)
* Salt + pepper to taste

**To serve:**

* Fresh parsley , roughly chopped

**Instructions**

* Heat up the oil in a large saucepan and add the onion, garlic, celery and mushrooms once hot
* Fry for around 10 minutes until softened
* Add the porcini mushrooms, almond milk, white beans, stock cube and salt + pepper, along with 300ml (1 1/4 cups) water
* Bring to the boil and simmer on a low heat for around 15 minutes
* Transfer the mixture to a food processor or blender (or use a hand-held stick blender) to whizz until completely smooth - add more water to thin out if necessary
* Serve into bowls and scatter over chopped parsley, if desired
* Leftovers keep covered in the fridge for up to a few days and also freeze well - reheat in a pot on the hob (stove) until piping hot - add a splash of water if necessary