

Recipe

Broccoli and Cheese Soup

Ingredients

- 1 onion, chopped
- 450g broccoli florets
- 1 litre vegetable stock
- ½ pint semi-skimmed milk
- 50g mature cheddar cheese, grated
- Pinch of freshly grated nutmeg [Optional]
- Salt and freshly ground black pepper



Step 1

Place the onion, broccoli and vegetable stock in a saucepan. Bring to the boil and simmer for about 15 minutes or until the broccoli is tender

Step 2

Use a stick blender to whizz up the soup until smooth
Add the milk, season with black pepper, gently bring back to boiling point

Step 3

Sprinkle in the grated cheese, allow to melt

Remember: This soup can be made using frozen broccoli florets or a combination of cauliflower and broccoli.

Also delicious with blue stilton instead of cheddar.