

Broccoli and Potato Soup

Ingredients:

1 brown onion, peeled and chopped

2 cloves garlic, peeled and chopped

1 tablespoon (tbsp) oil

500gms broccoli, chopped (use stalks too)

6 potatoes, peeled and chopped

1.5ltrs water + 1 tablespoon (tbsp) vegeta mixed in to make a stock

Salt and pepper to taste

Method:

1. Heat a large pot with oil. Add onions, garlic. Potato and broccoli. Cook off for a few minutes whilst continuously stirring. Add stock and cover pot with a lid. Cook for 15 minutes or until all veggies are soft.
2. Blitz soup, using a stick blender, until soup is smooth and lump free. Taste and add salt and pepper.
3. Serve into 4 large serving bowls.