

Broccoli and Stilton Soup

Rich, creamy and packed with Vitamin C. A delicious way to eat your greens.
Serves 6.

Ingredients

- 100g butter
- 2 onions
- 1 leek
- 4 cloves garlic
- 2kg broccoli
- 3 - 4.5 litres hot water
- 90g vegetable stock powder
- Salt
- Black pepper
- 150g Stilton
- 150ml double cream (optional)



Method

- Trim the leek, split lengthways and wash thoroughly between leaves, then slice into thin half-moons.
- Peel and dice the onions.
- Peel and crush/chop/grate the garlic.
- Cut the broccoli into small pieces.
- Place the butter/oil in a pan on a low heat and sweat the onions slowly (no colour) until soft - add a little salt during this stage.
- Add the leek and garlic and sauté a little longer.
- Now add the broccoli, and turn over with the onion etc, cooking for a further 5 minutes.
- Then add the hot water, stock powder, some salt and pepper and bring up to the boil, then turn down and simmer until the broccoli is soft.
- During this time, cut the cheese into small pieces.
- Blend (using a stick blender, or a liquidiser in 1.5 litre batches) until the soup is very smooth.
- Now add the stilton and blend again.
- If you want you can add up to 150ml cream (not necessary but makes it richer if you like).
- Serve the soup hot with nice crusty bread.