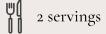


## Broccoli Soup





## INGREDIENTS

1 onion 1 head broccoli 2 potato 2 tablespoons oil Salt and pepper

## **DIRECTIONS**

- 1. Chop and sweat onion in oil for 5 minutes
- 2. Add water
- 3. Add diced broccoli stalk and diced potato and simmer until soft (about 15 minutes) add chopped broccoli florets and cook for 1 minute.
- 4. Season

## **NOTES**

- You can eat it as it is, brothy with vegetables in or whizz with a stick blender for a smooth soup.
- Can use any vegetables using the same method, carrots, peas, squash etc
- You can add small pasta like orzo or any broken pasta to cook in the soup. Or stir in old bread to thicken at the end.