



Broccoli Soup



2 servings



25 minutes

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.