

Broccoli and cheddar soup

Making soup is super easy, and an ideal way to use up some left overs too. One of our favourites is Broccoli and cheddar, although you could use almost any cheese that will melt easily. There is enough here for 3 or 4 good portions.



Ingredients

1 Small onion, finely chopped
1 head Broccoli, cut into florets
750ml Vegetable stock, or equivalent using stock cubes
Cheddar, grated
cream
Salt and pepper
Vegetable or olive oil

Method

Fry the onion in oil in a medium pan for 5 minutes on medium heat until soft then add the broccoli florets and fry for a further 2 – 3 minutes.
Add 750ml stock and simmer for 10 minutes.
Add cream and grated cheese, stir until cheese has melted and then season with salt and ground black pepper.
Pour into a jug or blender and blend until smooth.
We use a 2 ½ pint churn jug and a stick blender to blend until smooth, and a stretch-ii lid over the top when storing in the fridge.

Extra thoughts

This keeps for several days in the fridge. You can use any vegetable to make a soup, and can also add in some apple or pear for a slightly different twist. You can also experiment with adding in some herbs and spices.