

BROCCOLI AND STILTON SOUP



Prep: 10 mins

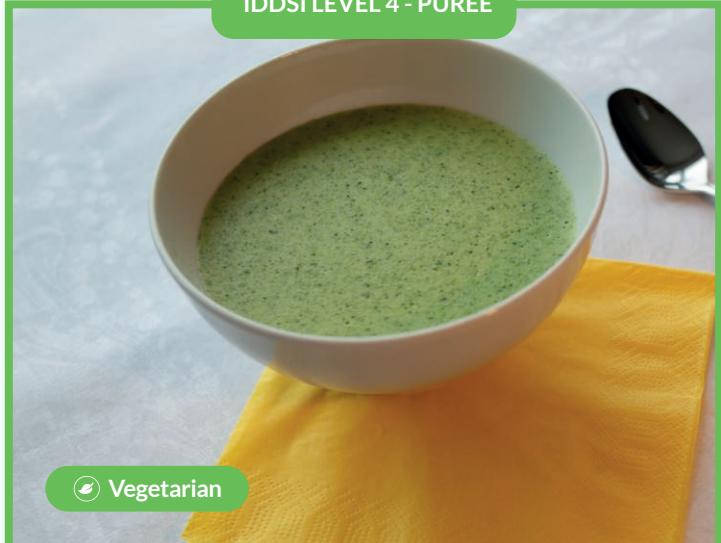


Cooking: 30 mins



Serves: 4

IDDSI LEVEL 4 - PUREE



Vegetarian



Blender



Sieve



Medium saucepan

INGREDIENTS

Filling:



20g butter or margarine



550ml vegetable stock, made using a stock cube



1 small onion, finely diced



2 heads broccoli, cut into florets



1 leek, washed and sliced



120g Stilton cheese or cooked bacon pieces



2 medium potatoes, peeled and diced



3 teaspoons of plain flour



1 stick celery, washed



Salt and pepper to taste

Allergens: contains **milk, wheat (gluten) and celery**. Margarine may contain **milk**. Vegetable stock cube may contain **celery**.



Use gluten free flour



Dairy recipe - use equal parts kosher strong cheddar and Parmesan instead of Stilton



Leave out the cheese



Ensure Stilton is vegetarian friendly

METHOD

Filling:



Heat the butter or margarine in a saucepan, add the onions, leek, potatoes and celery and cook for 5 minutes.



Add the flour to the pan. Take off the heat and stir, ensuring no lumps.



Add the hot vegetable stock a little at a time, stirring continuously.



Add the broccoli florets and Stilton cheese or bacon, cook for 20 minutes.



Season to taste, then blend until smooth. Pass through a sieve to ensure there are no lumps.

TOP TIPS:



Frozen vegetables work perfectly in this dish as a great time saver.



Try any strong-flavoured vegetarian soft cheese in this recipe.



Leave out the potatoes for a thinner consistency, suited to level 3.



Freeze in clearly labelled portions for up to 3 months. Defrost thoroughly and gently reheat in a small saucepan before serving.