

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.