

Broccoli soup

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Broccoli soup

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Delicious and healthy, this broccoli soup is the perfect winter warmer.

Ingredients (serves 4)

- 1 tbsp olive oil
- ½ diced onion
- 1 litre vegetable stock
- 4 cups of chopped broccoli

Method

Place oil in a pot on moderate heat. Add the onion and sauté for about one minute or until the onion is soft. Add the stock and broccoli and cook for about 10 minutes or until broccoli is soft.

Allow the soup to cool for 20 minutes before adding it to the blender to puree. Season to taste.

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