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## BROCCOLI AND STILTON SOUP (V)

Broccoli and Stilton Soup works well as a filling lunch or as a really tasty starter, with fewer calories than you might imagine! This soup is suitable for freezing but is better frozen before adding the milk, then when reheating for use, add the milk but avoid boiling.

Serves 6

Per serving: 182 Calories, 5.5g fat

Prep time 10 mins

Cook Time 20 mins

## INGREDIENTS

2 medium onions, chopped  
2 large potatoes, peeled and chopped into small pieces  
1200ml vegetable stock, (use two vegetable stock cubes or stock pots)  
340g broccoli, cut into florets including stalk  
84g Stilton cheese, crumbled  
150ml semi-skimmed or skimmed milk  
Freshly ground black pepper

## METHOD

1. Heat a non-stick pan and spray with rapeseed oil. Dry-fry the onion with the freshly ground black pepper until the onion is soft.
2. Add the stock and the potatoes and bring to the boil and cook for 10 minutes.
3. Add the broccoli, including any bits of stalk, and cook for a further 10 minutes until cooked.
4. Liquidise until smooth.
5. Add the crumbled stilton and the milk and gently heat through without boiling and serve in warm dishes.



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