

'What's Cooking!' Recipe Cards

BROCCOLI SOUP**Food Fact:-**

Valuable for cancer protection, good source of vitamin C and folate, 100gm provides a third of the daily requirement of vitamin E.

Preparation time 6 mins

Cooking time 12 mins

Serves 4

**REAL FOOD
WORKS**

BROCCOLI SOUP**Ingredients**

1. Peel and chop potato, chop onion, heat oil for 1 min on HIGH.
2. Add onion to oil cover and cook on HIGH for 2-3 mins.
3. Add potato and stock and cover and cook for 5mins on HIGH
4. Chop broccoli including some of stalk and add to potato and stock, cover and cook for 5 mins or until potatoes are soft.
5. Liquidise until smooth and adding soy sauce. Serve

300g broccoli
1 medium onion
1 large potato
1 lt hot vegetable stock
1 tbsp oil
Dash of Soy sauce

