

# CREAMY BRUSSELS SPROUT SOUP



## Food Fact:-

Sprouts have a high vitamin c content which helps to promote resistance to disease. They also have high fibre content and are high in folate important in pregnancy.

Preparation time      4 MINS

Serves 4-6

Cooking time          10 MINS



## CREAMY BRUSSELS SPROUT SOUP

### Ingredients

1. Put onions, garlic and oil in a bowl. Cover and cook on FULL power for 3-4 minutes.
2. Add sprouts, potato, thyme and ½ of stock to bowl. Cover and cook on FULL power for 6-8 minutes or until potato is soft.
3. Blend until smooth adding milk until required consistency, season.
4. Serve with crusty rolls.

- 2tbs oil
- 2 medium onions, chopped
- 1 clove garlic, crushed
- 225g sprouts, finely chopped
- 1 medium potato, peeled and diced
- 500ml vegetable or chicken stock
- ½ tsp dried thyme
- Black pepper to season
- Milk or soy to finish

