

Broccoli Soup

Serves 10



Typical values per portion

Energy	693kJ /166kcal
Protein	10.0g
Fat	11.9g
Of which saturates	6.6g
Carbohydrate	6.4g
Of which sugars	3.4g
Fibre	3.0g
Salt	2.0g
Vitamin D	5.0µg
Calcium	537mg

Handy Tip:

This is also lovely with cauliflower. Just use some full fat milk instead of the stock to give a smooth, creamy consistency

Ingredients:

- 50g Butter
- 20g Flour
- 200g Finely-sliced leeks
- 400g **The Laughing Cow® Nutrient Fortified**
- 1kg Broccoli
- 1.9 litre Vegetable Stock
- 10ml Oil

ALLERGENS: Milk, Gluten
For Allergens, always check labelling of specific ingredients used

- ✓ Versatile cheese ingredient
- ✓ Rich in Protein
- ✓ Rich in Calcium
- ✓ Rich in Vitamin D



Method:

1. Sweat the leeks in the oil
2. In a separate pan melt the butter and add the flour and make a roux
3. Add the chicken stock and stir
4. Add the broccoli and leeks and season as required
5. Cook for approximately 20 mins, or until all of the vegetables are soft
6. Add extra stock or water as required
7. Add **The Laughing Cow® Nutrient Fortified** and blend until smooth
8. Warm through and serve

