

Broccoli Soup

Serves 10



Serving Suggestion

Typical values per portion

Energy	679kJ /162kcal
Fat	11.5g
Of which saturates	6.2g
Carbohydrate	6.4g
Of which sugars	3.5g
Protein	10g
Fibre	3g
Salt	2g
Vitamin D	5µg
Calcium	553mg

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

