

Broccoli and cheddar cheese soup



Preparation Time



Cooking Time



Serves



Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 onion, washed, chopped
- 2 garlic cloves, finely chopped
- 4 sprigs thyme
- 2 heads broccoli, roughly chopped
- 4 cups salt reduced chicken stock
- ¼ cup cream
- 100g cheddar cheese
- ¼ teaspoon black pepper

Method:

- Heat the oil in a stock pot over medium heat. Cook onion for 3 minutes or until soft and translucent. Add the garlic, thyme, broccoli and cook for a further minute.
- Add stock and bring to a simmer. Simmer for 10 minutes or until broccoli is soft. Remove from heat. Blitz in the pot with a stick blender and stir through cream, cheese and pepper.

Do you like this recipe? You might be interested in more recipes developed by Amie Harper, food and nutrition expert – www.thinkpei.com.au

Nutrition:	Per serve (4 serves total)	Per 100g
Energy	1000kj	250kj
Protein	10g	3g
Fat total	19g	5g
Saturated fat	10g	3g
Monounsaturated fat	7g	2g
Polyunsaturated fat	1g	0.2g
Trans fat	0.5g	0.1g
Very long chain N3 fatty acids	0.03g	0.01g
Carbohydrates	4g	1g
Sugars	3g	0.7g
Fibre	4g	0.9g
Sodium	840mg	210mg

Notes

The nutritional content stated in each recipe has been calculated using a nutritional labelling tool by FoodWorks 9 Professional. Please note the stated nutritional content is an estimate only, and may vary depending on the quality and amounts of ingredients used. For more information on the nutritional content of your food, please consult your dietitian for advice.