Broccoli cheese soup

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1l vegetable/chicken stock - 2 potatoes - cut into small pieces - 1 onion - finely chopped - 2 garlic cloves - crushed - 500g broccoli florets - 100g strong cheddar cheese (could substitute blue cheese or even parmesan) - grated - 150ml low fat milk

Instructions

1. Sauté onions and garlic 2. Add stock, potatoes and broccoli and simmer for about 30 minutes 3. Remove from heat and stir in cheese and milk 4. Blend soup for a smooth consistency (alternately if you don’t have a blender, like me, use a masher to smooth out the soup contents)