



**GET TOGETHERS**  
Bringing people together through food

# BROCCOLI AND BASIL SOUP

Makes 4 generous servings

**Organisation and skill:** ★★★

**Community involvement:**

School age children, young adults, families, older people

**Cost:** £ £ £

**Equipment:**

## Equipment

- 1 medium onion – peeled and chopped
- 1 garlic clove – peeled and crushed
- 1 large potato – peeled and diced
- 1 tablespoon olive oil
- 1 vegetable stock cube or 1 tablespoon vegetable bouillon (reduced salt if possible)
- 1 large head of broccoli – broken into florets
- 1 bunch fresh basil – torn into pieces
- 150ml–300ml skimmed milk
- ground black pepper

## Ingredients

- saucepan and lid
- chopping board
- sharp knife
- blender
- wooden spoon
- ladle

**ALLERGY AWARE**

This recipe contains:  
Milk

## Method

- 1.** Fry the onion and garlic in olive oil for 5 minutes then add the chopped potato and fry for a further 5 minutes, stirring to prevent browning.
- 2.** Make up the vegetable stock with 600ml boiling water.
- 3.** Add the vegetable stock and the broccoli florets. Bring back to the boil and simmer for 15–20 minutes until the potato and broccoli are tender.
- 4.** Add a bunch of torn basil and 150ml milk. Ladle the soup into the blender goblet. Whizz until smooth. If necessary, thin it down with the remaining milk. Season the soup with black pepper and serve piping hot.

# Recipe Notes and Tips

- Don't boil the soup once the milk has been added otherwise it may appear curdled.
- Grow purple sprouting broccoli in your garden or in the school or community garden and use this for your soup.
- Look for reduced salt stock cubes or powders in the supermarket – an easy way to eat less salt.

## Nutrition Information

| Typical Values                 | Amount per 100g | Amount per serving 160g |
|--------------------------------|-----------------|-------------------------|
| Energy                         | 374kj/89kcal    | 599kj/143kcal           |
| Protein                        | 4.9g            | 7.9g                    |
| Carbohydrate (of which sugars) | 10.0g (3.8g)    | 16.0g (6.1g)            |
| Fat (of which saturates)       | 2.7g (0.4g)     | 4.2g (0.6g)             |
| Fibre                          | 2.8g            | 4.5g                    |
| Salt                           | 0.5g            | 0.8g                    |