

Broccoli Super Soup

Serves: 2

Prep: EST 10 mins

Cooking: EST 15 mins

A simple but nutrient-rich soup that can be served as a main or snack!

Ingredients

- 2 cups chopped broccoli (florets and stems)
- 1 leek, washed and roughly chopped
- 1 large potato, peeled and roughly chopped
- 1 chicken stock cube
- 1 tsp nutmeg
- Pepper to taste
- 1 Tbs grated parmesan cheese

Method

1. Add all ingredients except cheese into a large saucepan or soup pot
2. Pour boiling water over ingredients so they are just covered; simmer until tender
3. Blend ingredients and ladle into bowls
4. Sprinkle with parmesan cheese and serve

MJ Nutrition

Exchanges per serve




2 1.5* 0.25

Nutrients per serve

620kJ (148cals), 12.4g Protein,
2g Fat, 0.8g Saturated Fat,
14.8g Carbs, 2.5g Sugars, 9.7g Fibre,
475mg Sodium

***NB:** Vegetables contribute to half of this Starch Exchange



Source: Modified from bestrecipes.com

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