

Broccoli and Cheddar Soup (Adapted from The Vegetarian Bible)

2tbsp butter

1 onion, diced

4-5 large potatoes, peeled and grated

1/2tsp dried tarragon

2litres vegetable stock

1lb broccoli florets

1cup cheddar cheese, shredded

1tbsp fresh parsley, diced

1/2tsp salt

1/4tsp pepper

Melt the butter and sauté the onion until translucent. Add the potatoes, salt, pepper and tarragon and mix well. Pour in enough of the stock to cover the potatoes and bring to a boil. Cover and let simmer for 15min.

In a separate pot boil the broccoli in the remaining stock for about 10min, or until soft. Add the potato mixture to the pot and using an immersion blender process until smooth. Add the cheese and parsley on low heat until mixed through. Do not boil the soup after adding the cheese (it will burn.) Make a double recipe as this freezes well but mind the thawing process as it must be stirred often and not brought to a boil. Serves 4-6.