

Broccoli and Stilton Soup

Ingredients

1 onion (peeled and finely chopped)

3 cloves garlic

15 grams animal fat or butter

1 medium potato (peeled and chopped)

350 grams broccoli

Bone or chicken stock

110 grams stilton cheese

Salt and freshly ground black pepper

Method

Fry onions and garlic in fat until softened

Add potato and cover for about 10 minutes

Add broccoli and stock

Season with salt and pepper

Simmer for about 20 minutes until potatoes and broccoli are soft

Remove from heat and stir in crumbled Stilton.

Transfer to a food processor and process until smooth.

Enjoy!