

Title	COURGETTE & BRIE SOUP
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Ingredients	Method	Calories
650g courgettes (diced, not peeled) 2 medium potatoes (peeled & chopped) 1 onion (chopped) 2 pints of vegetable or chicken stock	Place into a large saucepan and cook until tender (approx 20 – 30 minutes)	65 215 30 20
200g Brie (cut into pieces) Salt & pepper to taste	Stir into the soup until melted. Liquidize	730
	TOTAL CALORIES	1060
	8 portions @ 132 calories, 4 portions @ 264 calories	

Comments:

Extremely tasty even though it is so quick and easy.

Serve with crusty bread and salad.