



Pip's Simple Cauliflower and Broccoli Soup

Ingredients

- ½ Cauliflower head cut into small florets
- ½ Broccoli head cut into small florets
- 1 small potato peeled and cut into thin slices
- 1 small onion diced
- 2 x vegetable stock cubes
- 1 litre of boiling water

Directions

1. Place all ingredients into a good size pan, bring to the boil, cover and simmer for 20 minutes (or until all vegetables are tender).
2. Blend to desired consistency and season to taste.
3. I use a soup kettle so simply place all the ingredients in the soup kettle, select the 'smooth' mode and press start.
4. For speed and if you have limited space or utensils etc you can purchase all the ingredients ready prepared which makes the process very speedy!

For alternatives to the above replace the cauliflower and Broccoli with:

- Spicy Butternut Squash - 500g peeled chopped butternut squash and 1 tsp chilli flakes
- Leek and Potato - 400g chopped and rinsed leeks and 200g diced potato (no need for the sliced potato in this one). I tend not to fully blend my leek and potato.
- Chicken and Vegetable - 1 500g pack of chopped mixed vegetables or any vegetables you have in the fridge to use up and 200g cooked and diced chicken breast (added after blending and heated through). I tend to replace the vegetable stock with chicken stock for this one.
- Pea and Ham - 500g frozen peas and 200g diced cooked ham (added after blending)