

Recipe

# BROCCOLI & CHEESE SOUP



SHOP NOW



DELIVERING MORE FOR LESS  
[www.1uponline.co.za](http://www.1uponline.co.za)



# Ingredients:

- 2 tbsp butter
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 potato cubed
- 2 stalks celery
- 6-8 cups water
- 2 cups chicken or vegetable broth
- 3 cups fresh broccoli, chopped into small florets
- Salt & pepper to taste
- 1 tbsp chilli flakes
- 2 cups shredded cheddar cheese (sharp is best)
- 1/2 cup heavy cream (optional for extra creaminess)

# Method

## 1. Sauté the base:

In a large pot, melt butter over medium heat. Add chopped onions, celery and sauté until soft, about 3–4 minutes. Stir in garlic and cook for another 30 seconds.

Add broccoli florets simmer for 3 minutes

## 2. Add stock, water and potatoes. And chilli flakes

3. Reduce heat and let simmer for about 15 minutes, until the broccoli and potato are tender.

## 4. Blend (optional):

For a smooth soup, use an immersion blender to partially blend. For a chunkier texture, leave as is.

## 5. Cheese it up:

Lower the heat, then stir in cheddar cheese until melted. Add cream if using. Season with salt, pepper

## 6. Serve:

Ladle into bowls, top with extra cheese, croutons, or even a swirl of cream. Dig in!



**SHOP NOW**



**DELIVERING MORE FOR LESS**  
**[www.1uponline.co.za](http://www.1uponline.co.za)**

