

# Good Enough 2 Eat

TELEVISION ABOUT FOOD, GOOD FOOD. FOOD GOOD ENOUGH TO EAT!



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## Broccoli Soup

### You'll need:

- 1 medium onion, finely chopped
- 2 stalks celery, finely sliced
- 500g broccoli
- 2 Massel chicken stock cubes
- 4 cups water
- 1 cup soy milk



### Here's what to do:

1. Simmer onion, celery, finely chopped broccoli stems and stock cubes in water until almost cooked.
2. Add broccoli flowerets. Cook until tender, but do not overcook or broccoli will lose its green colour.
3. Cool to lukewarm, then puree in a blender.
4. Return to pot and add milk.
5. Reheat without boiling and serve immediately.

### Helpful Hint

- We like to use Massel stock cubes because they are vegetarian and can be found with other stock cubes in most major supermarkets.