



Broccoli Soup

Broccoli and carrot cream soup comes as welcome refreshment on the menu. Olive oil and basil will provide that additional Mediterranean touch.

Ingredients

Number of persons: 4

- 300 g broccoli
- 100 g carrots
- 200 g potatoes
- 750 ml [Vegeta Gourmet Liquid Stock](#)
- 2 tablespoons olive oil
- 1 teaspoon cumin
- 3 teaspoons lemon juice
- 2 cloves of garlic
- 50 ml cream
- 1 tablespoon fresh basil



Preparation time: 40 min

Energetic value: 179 kcal / 748 kJ

Demanding:

Preparation

1. Place the vegetables in appropriate sized pan and add enough water to cover the contents. Cook the vegetables for about 20 minutes, then process in food processor and return to pot.
2. Add Vegeta Gourmet Liquid Stock, olive oil, cumin, lemon juice, pressed cloves of garlic and cream. Season to taste.
3. Bring the soup to the boil, reduce the flame and cook for further 5 minutes.

Serving

Sprinkle with sliced basil and serve.

Tip

You can also add cooked broccoli into finished, ready to serve soup.

My notes

