

# APS Cooking Club



## Broccoli, Cauliflower and Parsnip Soup

**Season:** Autumn, Winter, Spring

**Serves 30 tastes**

**Difficulty:** Easy

**Ingredients:** Garden Vegetables and Herbs

### Equipment

- Peeler
- Knives
- Large soup pot
- Chopping board
- Wooden spoon
- Measuring spoons



### Ingredients

- 2 tablesps olive oil
- 2 head of broccoli
- 1 head of cauliflower
- 2 medium parsnip
- 4 cloves of garlic
- 1 large onion
- 1.5 litres of chicken stock
- Herbs from the garden and salt to taste

### What to do

- Heat oil in a large soup pot, add chopped onions and garlic and cook gently.
- Add chopped parsnips and cook for a further five minutes.
- Add chopped broccoli and cauliflower and cover with chicken stock.
- Cook until vegetables are soft.
- Blend all cooked ingredients together until smooth.
- Add herbs and salt