

Paul's Broccoli and Stilton Soup

2tbsp olive oil

50g butter

1 large onion

1 stick of celery

1 leek

1 potato peeled and roughly chopped

1 head of broccoli roughly chopped

140g stilton

1 litre vegetable stock



Heat the oil in a large saucepan. Add the onion and cook until softened. Melt in the butter and add the celery, leek and potato. Cook and stir for 5 minutes. Pour over the stock and add the broccoli. Bring to boil then simmer for 15 minutes. Crumble in the stilton then blitz using a hand blender. Season to taste.

Used with kind permission from the Braeport Memory Café at Dunblane Meeting Centre, taken from their recipe book 'Dementia Friendly Dunblane – Our favourite recipes'.

www.dementiafriendlydunblane.org

