



# Brussels Sprout and Cheese Soup

**Serves 4**

## **Ingredients:**

- 2tbsp olive oil
- 2 onions, chopped
- 300g brussels sprouts, quartered
- 2 garlic cloves, crushed
- 650ml vegetable stock
- 4tbsp single cream
- 100g mature cheddar, plus extra to serve, grated
- salt and freshly ground black pepper, to taste

## **Method:**

1. Place quartered sprouts in a pan of boiling salted water
2. Boil for 2-3 minutes, then drain
3. Heat oil in the pan
4. Add onions and fry for 8-10 minutes, until softened
5. Add sprouts and crushed garlic to the pan and stir fry for 1 minute
6. Add stock and cream
7. Bring to the boil and simmer for 5 minutes
8. Stir in the cheese and season to taste
9. Serve topped with some grated cheese

