

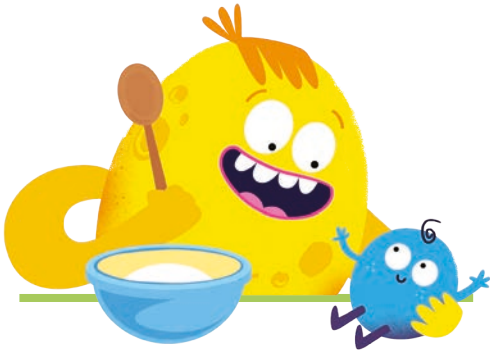
Pea and broccoli soup



Serves: **4 adults**

Preparation time: **10 minutes**

Cooking time: **20 minutes**



What you need

- 500g frozen peas
- 1 head of broccoli
- 1 white onion
- 2 garlic cloves
- 1 reduced salt vegetable stock cube (optional)
- 2 teaspoons dried mint
- Ground black pepper

What to do

1. Peel and chop the onion and garlic.
2. Wash the broccoli and chop into small pieces, you can also use the stalk by peeling the tough outer skin and then chopping up the softer part inside.
3. Place your chopped onion, garlic and broccoli into a large pan then add the frozen peas.
4. Add the vegetable stock cube and 750ml of boiling water to the pan and leave on a medium heat until the vegetables are soft.
5. Once cooked either mash or blend depending on how chunky you like your soup and add the mint and pepper.
6. Serve with some bread.



Changes for babies

If making this soup for your baby, make sure to leave out the stock cube as it contains too much salt.

Changes for toddlers

To help your toddler get familiar with these vegetables let them put the chopped broccoli into the pan and sprinkle in the dried herbs. When it's ready to eat show your toddler how to dip their bread into the soup.