#### Broccoli and sweet potato soup

# Ingredients

- 1 brown onion, finely chopped
- 500g broccoli, stems finely chopped, florets coarsely chopped
- 500g gold sweet potato,
  peeled, finely chopped
- 4 cups (1L) vegetable
  stock
- 1/2 cup (140g) Greekstyle yoghurt





# Directions

## Step 1

- Heat a medium saucepan over medium heat.
- Add the onion, broccoli stems and sweet potato and cook, stirring, for 5 mins or until the onion softens.

#### Broccoli and sweet potato soup

People with **Q** Down Syndrome

### Step 2

- Add the stock and 2 cups (500ml) water.
- Bring to the boil. Reduce heat to low.
- Add broccoli florets.
- Cook for 15 mins or until sweet potato is tender. Set aside to cool slightly.

#### Step 3

- Use a stick blender to carefully blend the soup until smooth.
  Divide among serving bowls.
- Place yoghurt in a small bowl and stir in 2 tablespoons water.
- Add to the soup and gently swirl.
- Season.



