

Joint Nourishing Recipes

Winter Warming Soup

Serves 4

Full of Vitamin C and liquid fibre this delicious Broccoli soup will help keep you and your joints healthy this winter. It's quick and easy and is bound to warm you through as the cold winter days roll by. Soup left over can be popped in a container and frozen for another time!

- 50g (2oz) butter
- 1 onion chopped
- 1kg (2lb) broccoli, divided into stalks and florets
- 1 large potato quartered or if very large, cut into 8.
- 1.5 litres (2.5 pints) vegetable stock (fresh or a stock cube)
- 125 ml (4 fl oz) single cream (For a healthier option use low fat crème fraiche instead)
- 1 tablespoon lemon juice
- 1 teaspoon Worcestershire Sauce
- 125g (4oz) mature Cheddar cheese (or your favourite melting kind), grated (optional)
- Watercress to garnish (optional)
- A dash of Tabasco (optional)



1. Gently cook onion and broccoli stalks in melted butter for 5 minutes in a large covered saucepan stirring frequently.
2. Add florets, potato and stock, bring to the boil and cook partially covered for 5 minutes
3. Season and lower heat, gentle cook for another 20 mins (until all the vegetables are soft)
4. Puree and then add cream, lemon juice, Worcester sauce and Tabasco (a few drops!)
5. Simmer for 3-5 minutes (don't boil or the soup will curdle)
6. Stir in grated cheese and garnish with watercress
7. Enjoy!