

# UC-VEG

## Umpqua Community Veg Education Group

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# Broccoli Soup

- 1 cup raw cashews
- 5 cups vegetable broth, divided
- 2 Yukon Gold or russet potatoes, cut into 1/2-inch cubes
- 1 onion, finely chopped
- 4 1/2 cups coarsely chopped broccoli
- 1/4 cup nutritional yeast (optional)
- 1/2 tsp Garlic granules
- 1 teaspoon dried basil
- 1 teaspoon fine sea salt
- 1/4 teaspoon freshly ground black pepper

Blend cashews and 1 cup vegetable broth in a blender until smooth, about 1 minute.

Pour the remaining 4 cups vegetable broth into a large pot; add potatoes and onion. Bring to a simmer, cover, and cook for 5 minutes. Stir in broccoli and basil; return to a simmer. Cover and cook until potatoes are tender, about 10 minutes.

Stir cashew mixture into soup; add salt and black pepper. Bring to a simmer and immediately remove from heat. Transfer about half the soup to a blender; add nutritional yeast (optional) and blend until smooth. Return blended soup to pot and stir well. Serve immediately.

Calories: 353 kcal; Total Carbohydrates: 44.6g; Cholesterol: 0 mg; Total Fat: 16 g; Protein: 12.8 g; Sodium: 1059 mg

Prep Time: 15 m Cook Time: 20

m Difficulty: Easy Servings: 4 Source: Allrecipes.com – *altered by removing all oil*