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BROCCOLI SOUP

Prep Time: 15 minutes. Cook Time: 20 minutes.

Servings: 4

Ingredients:

1 cup raw cashews

5 cups vegetable broth, divided

Note: Sodium content varies in store bought varieties.

Water is also an option.

2 Yukon Gold or russet potatoes, cut into 1/2-inch cubes

1 onion, finely chopped

4 1/2 cups broccoli, coarsely chopped

1/4 cup nutritional yeast

1/2 teaspoon garlic granules

1 teaspoon dried basil

1 teaspoon salt, optional or to taste

1/4 teaspoon freshly ground black pepper, to taste

Directions:

- Blend cashews and 1 cup vegetable broth in a blender until smooth, about 1 minute.
- Pour the remaining 4 cups of vegetable broth into a large pot. Add potatoes and onion. Bring to a gentle boil, cover, and cook for 5 minutes.
- Stir in the broccoli, basil, garlic, salt, and black pepper. Cover and cook until potatoes are tender, about 10 more minutes. Remove from heat.
- Stir in the blended cashew mixture.
- Carefully transfer about half the soup to a blender and add the nutritional yeast. Blend until smooth. Alternatively, use an immersion blender.
- Pour the blended soup back into the pot, and it's ready!

1 Serving: Calories: 350; Total Carbohydrates: 40 g; Cholesterol: 0 mg; Total Fat: 16 g; Protein: 16 g; Sodium: 650 mg (depending on what type of broth is used)