

Plant-Based Broccoli "Cheese" Soup

~ Makes 6 Servings ~



Ingredients

- 1 lb. broccoli (stems diced, florets chopped)
- 2 Tbsp. olive oil
- 1 large yellow onion, diced
- 2 celery stalks, sliced
- 2 large carrots, chopped
- ½ - 1 tsp. smoked paprika
- ½ tsp. salt
- Freshly ground black pepper
- 4 garlic cloves, minced
- 1 lb. silken tofu
- ¼ cup nutritional yeast flakes
- 2 - 4 cups low sodium vegetable broth
- 1 Tbsp. Dijon mustard
- 2 Tbsp. fresh lemon juice
- ¼ cup chopped fresh dill or 1 Tbsp. dried dill

Equipment

- Cutting board
- Paring knife
- Measuring spoons/cups
- Large pot
- Large spoon for stirring
- Microwavable bowl with lid for broccoli
- Food processor, blender, or immersion blender

Directions

1. Steam broccoli in microwave and set aside.
2. Heat olive oil in a large pot over medium heat. Add onion, celery, carrots, smoked paprika, salt, and black pepper. Sauté until softened, about 10 minutes. Add garlic and cook for 2 - 3 additional minutes.
3. In a food processor, add silken tofu, nutritional yeast flakes, and ½ of sautéed vegetables and steamed broccoli. Process until smooth. Add to large pot and heat on low. Add in desired amount of vegetable broth (2 cups for thicker soup; 4 cups for thinner soup), Dijon mustard, lemon juice, and dill. Add remaining broccoli and cook a few more minutes until thoroughly heated.
4. Optional garnishes include roasted chickpeas, pumpkin seeds, and/or fresh herbs.

Nutrition Facts (1 cup) - 150 Calories, 7g Total Fat, 1g Saturated Fat, 314mg Sodium, 15g Total Carbohydrates, 4g Fiber, 0.6g Added Sugars, 7g Protein.

Source - <https://nutritiontofit.com/vegan-broccoli-cheese-soup/> (modified)

Want To Watch A Cooking Demo?

Visit - <https://youtu.be/nRnM1iUOvoA>