



Recipe Details

Recipe Name - Broccoli Cheddar Soup

Recipe Steps -

Ingredients

- 1 cup cashews (can soak for softer texture)
- 1 large Onion, coarsely chopped
- 3 large cloves Garlic, coarsely chopped
- 3 carrots, coarsely chopped
- 2 stalks celery, coarsely chopped
- 5 cups water
- 2 cubes no chicken bullion (sub low sodium veggie bullion)
- 3/4 cup nutritional yeast
- 1 Tbsp miso
- 1 tsp paprika
- 1 can RoTel (can sub any 15 oz can of diced tomatoes with green chilies)
- 4 to 6 cups Broccoli

Instructions

1. Soak cashews (if choosing to soak)
2. Water sauté onion, garlic, carrot, and celery until somewhat cooked
3. Add water, bullion, nutritional yeast, miso, paprika, and RoTel, stir to incorporate, add to a high-speed blender along with cashews, blend until smooth and creamy
4. Place blender ingredients back into pot, add broccoli and stir
5. Cook on low for 30+ minutes
6. Enjoy!

