# Healthy Cream of Broccoli Soup

Serves 4 ~ Vegan ~ Gluten Free



## Ingredients

- ✓ 1 head/bunch broccoli
- ✓ 2 Tbsp. virgin coconut or vegetable oil
- ✓ ¾ cup onion, chopped
- ✓ 1 medium shallot, peeled and chopped
- ✓ 1 clove garlic, finely chopped
- ✓ 6oz yellow-fleshed potato, peeled & diced
- ✓ ½ tsp. dried thyme

- ✓ ½ tsp. salt
- ✓ ¼ tsp. black pepper
- ✓ ⅛ tsp. cayenne red pepper
- ✓ 5 cups vegetable broth or stock
- ✓ 1 Tbsp. nutritional yeast
- ✓ Paprika for garnish (optional)
- ✓ Grated cheddar cheese for garnish (Not Vegan)

## Preparation

Separate florets from stalks. Peel and slice stalks and reserve. In a medium soup pot, heat coconut oil over medium-low heat, and add onion, shallot and garlic. Cook and stir until golden, about 6-10 minutes. Add reserved sliced broccoli stalks, diced potato, thyme, salt, pepper and cayenne and toss to mix. Stir in vegetable broth and cover and simmer soup about ten minutes. Add broccoli florets and simmer about ten minutes more, or until diced potato and broccoli are tender. Stir in nutritional yeast. Puree with immersion blender, blender or food processor and serve. Garnish with paprika and/or grated cheddar cheese if desired.