

Cream of Broccoli & Cashew Soup

Makes roughly 2.5 liters

What you'll need...

2 tbsp	extra virgin olive oil
3-5	whole garlic cloves
1	medium onion, chopped
1	small leek, sliced
1	stalk celery, sliced
1	small sweet potato, peeled & diced
4 cups	roughly chopped broccoli florets (roughly 2 heads)
6 cups	vegetable stock or water
$\frac{1}{2}$ cup	raw cashews
2 tbsp	arrowroot or tapioca starch (mixed with 2 tbsp/30 mL cold water)
2-3 tbsp	nutritional yeast
$\frac{1}{2}$ tsp	apple cider vinegar
	salt & pepper, to taste

What to do...

1. In a large soup pot, heat oil over medium. Add garlic, onion, leek, celery and sweet potato. Cook 3-5 minutes, stirring often, or until starting to soften.
2. Add broccoli and cook 1-2 minutes longer, stirring constantly. Add stock, cashews and starch mixed with water. Increase heat to medium-high, bring to simmer.
3. Reduce heat, cover and simmer for 20-30 minutes, or until vegetables are tender.
4. Add remaining ingredients. Blend until smooth using an

emersion blender, or using a regular blender in batches. Be sure to vent the lid to avoid steam build-up if using a traditional blender. Season with salt and pepper to taste.