

Creamy Broccolo Soup

Yield: 8 cups

Ingredients:

1 ½ pounds broccoli florets *
2 cups water

½ cup cashews - soak in water while you prepare other ingredients, drained
2 Tablespoons lemon juice
½ cup celery, rough chopped
½ cup onion, medium rough chop
¼ cup cilantro
½ teaspoon dill
¼ teaspoon crushed red pepper (optional)
½ teaspoon thyme
1 Tablespoon Nama Shoyu or Tamari (to taste)
2 Tablespoons nutritional yeast
1 teaspoon garlic, minced
½ teaspoon salt

Additional water for desired consistency

Directions:

- 1) boil enough water to cover the broccoli florets. Once boiled, turn off heat and place florets in the water for 30 seconds to 1 minute, then drain. This will brighten the color, heighten the flavor and take the hard crunch off.
- 2) Place all remaining ingredients in a high-speed blender and blend until smooth

Serve immediately or warm gently on the stove to 115* using a cooking thermometer

Notes:

* When I'm in a hurry I've used 2 packages of the pre-chopped Trader Joe's organic broccoli

* This recipe can be varied in many ways. Avocado could be used for the fat instead of cashews, you could replace the water with *almond milk* or replace the cilantro with parsley.