



## **Creamed Broccoli Soup**

*Plenty of cream but it's not dairy*

- 1 Tablespoon liquid coconut oil
- 1-1/2 cups chopped onion
- 1/2 teaspoon sea salt, divided
- 1/8 teaspoon ground black pepper or to taste
- 1 teaspoon dry mustard
- 1 teaspoon dill weed
- 1/2 teaspoon dry basil
- 4 cups fresh broccoli florets; trimmed stems, rough chop
- 1 cup Dairy Free Cashew Cream Cheese (see attached recipe)
- 1 cup unsweetened almond milk or plant-based milk
- 1/4 cup fresh basil leaves

**Garnish:** sprinkle of dukkah or herb, nut, or spice seasoning.  
fresh basil sprigs

**Cook Onions and Broccoli:** Heat oil in a small soup pot; add onion; sprinkle lightly with sea salt and black pepper; cover; cook over medium heat about 5 minutes to soften. Add dry mustard, dill weed, dry basil; cook for about 3 minutes to activate seasoning. Add chopped fresh broccoli; toss with onions; reduce heat to medium low; cover; cook for 4 to 5 minutes or until a vibrant green color. Do not overcook. Set aside.

**Blend Cream Sauce:** Place the Cashew Cream Cheese in a blender; slowly add milk; blending until smooth mixture forms.

**Puree Broccoli Cream Mixture:** Add the sauteed onion and broccoli to the blender; puree until almost smooth; add the fresh basil; puree until very smooth mixture forms. If the mixture is too thick, add small amount of milk until desired thickness forms. Season with sea salt and black pepper to taste.

**To Serve:** Spoon soup in bowls or cups, sprinkle lightly with spice nut seasoning; garnish each bowl with a small fresh basil sprig.

Yield: 2 bowls or 4 cup portions

**Recipe Inspired by:** Dreena Burton, The Cheese Trap; and [foodrevolutionsummit.org](http://foodrevolutionsummit.org).

**Cook's Note:** Making the Cashew Cream Cheese ahead of time and storing it in the refrigerator, makes this recipe so easy to prepare. The bonus is that you can also use the Cashew Cream Cheese as a great dip with gluten free crisps or crackers too.

**About the Recipe:** This broccoli soup is so creamy that it's hard to convince tasters that it doesn't have any dairy products in it. The soup is full of healthy ingredients. Broccoli, the star veggie, is a nutritional powerhouse full of vitamins, minerals, fiber, and antioxidants. It's known to contain sulforaphane, vitamin C, and fiber. This delightful soup is easy to make, healthy to eat; and double delicious too.

**Make-Ahead Recipe to Keep in the Refrigerator:**

*Dairy Free Cashew Cream Cheese*

1 cup raw unsalted cashews

1 cup hot or warm water

2 Tablespoons nutritional yeast

1 Tablespoon lemon juice

1/2 teaspoon sea salt

1/8 to 1/4 teaspoon garlic powder

1/2 cup unsweetened plant-based milk or water, as needed

**Soak Cashews:** Place cashews in a small bowl. Add enough warm water to cover the completely. Set aside to soak for about 1 to 2 hours. Drain; rinse; discard water.

**Prepare Cashew Cream Cheese:** Place cashews in food processor, pulse to coarse chop. Add nutritional yeast, lemon juice, salt, garlic powder, and 1/4 cup plant milk to the food processor. Cover; pulse; then process until about 1 minute. Scrape down bowl. Add remaining plant-based milk, process one minute; scrape down bowl; process until smooth and desired consistency. Remove to small bowl; cover; refrigerate about 1 hour or longer until serving. Yield: about 1 cup