

Broccoli Cheeze Soup

Serves 10



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 2 tablespoons olive oil
- 2 cups yellow onion, chopped (1 onion)
- 3 garlic cloves, minced
- 3 cups butternut squash, chopped (½ inch pieces)
- 1 cup carrots, chopped (2-3 carrots)
- 1 cup celery, chopped (2-3 stalks)
- 6 cups broccoli, chopped into small florets and ½- inch stem pieces
- 6 cups vegetable broth
- 5-6 tablespoons nutritional yeast
- 1 teaspoon salt or to taste
- ½ teaspoon black pepper
- ¼ teaspoon cayenne pepper (optional)
- Paprika for garnish

Directions

1. Heat oil in a large stock pot over medium-high heat. Add onion and garlic, stirring frequently, for 3-4 minutes until softened. Add remaining vegetables as you chop them, in the order of butternut squash, carrots, celery, and broccoli, which should take about 10 minutes.
2. Add the vegetable broth, nutritional yeast, salt, pepper, and cayenne if using. Cover and reduce to a simmer and cook about 5 minutes, or until vegetables are tender and broccoli is bright green. Remove from heat.
3. For a more traditional broccoli soup, reserve about 2 cups of broccoli florets. Puree the soup with an immersion blender, or let cool, then puree in batches in a blender or food processor. Add the reserved broccoli florets and adjust seasonings to taste. Add the soup back to the pot and reheat if necessary. Garnish with paprika and serve warm.

Note

To freeze: Let cool until lukewarm. Portion into freezer safe containers, leaving off the lid until completely frozen. To reduce risk of breakage with glass jars, leave at least ½ inch space at the top of the jar, handle it carefully, and only seal with the lid once completely frozen.

Recipe from Cook Well Berkeley: Freezer Friendly Meals, Spring 2016