

BROCCOLI CHEEZE SOUP



FETTLE VEGAN

www.fettlevegan.com

This recipe is:
VEGAN
GLUTEN-FREE
SOY-FREE
NUT-FREE

INGREDIENTS:

- 1 tablespoon coconut oil
- 2 garlic cloves, minced
- 1 medium onion, chopped
- 2 stalks celery, thinly sliced
- 2 medium carrots, thinly sliced
- 3 small potatoes, cut into small cubes
- 2 heads broccoli florets with stems removed (about 4 cups), chopped
- 3 cups vegetable broth
- 2 tablespoons nutritional yeast
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon each salt & pepper
- 1 cup vegan cheese (we used [Blode Kuh's White Cheddar](#), but any cheese capable of melting should work here!)
- 2 tablespoons fresh parsley, chopped

DIRECTIONS:

In a large pot, heat oil over medium heat. Sauté garlic with onions, celery, and carrots in a mirepoix until they begin to soften. Add potatoes and broccoli florets and sauté all together for a few minutes, stirring occasionally. Add in vegetable broth, nutritional yeast, cayenne pepper, salt, and pepper and cook over medium heat for about 20 minutes, or until potatoes are fork tender. Remove from heat, add the cheese, and blend with an immersion blender or in a regular blender in batches to desired creaminess. We like to leave some chunks! Stir in the freshly chopped parsley, then serve. Makes 6-8 servings, and lasts up to a week in the fridge. Freeze for long-term saving. Enjoy!