



cara price

BROCCOLI "CHEDDAR" SOUP

INGREDIENTS

- 4 cups vegetable broth
- 4 cups broccoli florets, cut into bite size pieces
- 2 large carrots, sliced into thin pieces
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 can full fat coconut milk
- 3 tablespoons ghee or butter
- 3 tablespoons arrowroot flour
- 3 tablespoons nutritional yeast
- 2 teaspoons salt
- 1 teaspoon pepper
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon dry mustard
- 1/4 teaspoon turmeric
- 1/8 teaspoon cayenne pepper (optional)

DIRECTIONS

in a large stock pot heat the ghee over medium high heat. sauté the onion until slightly browned, stirring occasionally.

add in the garlic & sauté an additional 30 seconds, stirring constantly to keep the garlic from burning.

sprinkle the arrowroot flour over the onion & garlic & stir quickly to make a roux.

immediately add in the vegetable broth & coconut milk to the pot. mix well to combine. add in the nutritional yeast & whisk to combine.

carefully drop in the broccoli & carrots. then mix in the salt, pepper, smoked paprika, dry mustard, turmeric & cayenne pepper if using.

bring to a soft boil, then cover the pot & reduce heat to low. cook 30 minutes or until the broccoli is easy to cut through with a table knife.

turn off the heat & carefully transfer 2 cups of the soup (including pieces of the veggies) to a blender. blend on high 30 seconds, then pour the mixture back into the pot & stir to combine.