



Cream of Broccoli Soup

Linda Roderigues, ND
Inspired by a recipe from Moosewood Cookbook
Makes 2 servings

Soup

2 cups fresh Broccoli Florettes, divided
1/2 cup Yellow Onion
1/2 Green Bell Pepper
2/3 cup raw Cashews
1 1/2 to 2 cups Warm Water, divided, as needed for consistency
1/2 tsp dry Thyme Leaves (or 1/2 tbsp fresh)
1/4 tsp ground allspice
1/4 tsp ground White Pepper or to taste
4 dashes Cayenne or to taste
2 tbsp each of Bragg's Liquid Aminos (or Nama Shoyu) and EVO Oil
1/4 tsp Celtic Sea Salt or to taste

Garnish

1/4 cup sliced Scallion, green parts only

Take 4 medium sized broccoli florettes and cut 1/4-inch from tops to make tiny florettes; set aside.
Rough chop remaining broccoli florettes, onion and green pepper; set aside.
Grind cashews to a powder in blender; add all seasonings, Bragg's, and enough water to cover blades.
Blend until smooth and creamy.
Add rough chopped vegetables and enough water to blend until smooth & creamy.
Adjust seasonings; hand stir in the reserved tiny florettes.
Pour into 2 soup bowls; adjust water for warm serving temperature.
Sprinkle with sliced scallion; serve immediately.
