

Creamy and “Cheesy” Vegan Broccoli Soup

Vegetarian Dishes

Source: runningonrealfood.com/cheezy-broccoli-soup-vegan-gluten-free/



SERVES:
4



PREP TIME:
10 MINS



COOKING TIME:
20 MINS

INSTRUCTIONS

1. In a large pot, cook the onions in the olive oil over medium heat for about five minutes.
2. Add the garlic, salt, pepper and dijon and cook for a few more minutes.
3. Add the milk, broth and broccoli.
4. Bring to a simmer, cover and cook for about 20 minutes or until broccoli is tender.
5. Turn off heat and stir in nutritional yeast and lemon juice.
6. Remove about 1/2 of the soup and puree in a blender.
7. Pour it back into the pot with the remaining soup.
8. Serve with toasted sourdough bread. Makes four large dinner-sized portions or eight sides.

Nutritional yeast is a vegetarian friendly source of vitamin B12 that can be paired with a variety of foods. Vitamin B12 is an important nutrient for healthy glowing skin as it controls cell growth and life span.

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium red onion, diced
- 3 cloves garlic, minced
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1 teaspoon dijon mustard
- 2 1/2 cups unsweetened almond milk
- 2 1/2 cups vegetable broth
- 5 cups broccoli florets
- 1 cup nutritional yeast
- 1 tablespoon lemon juice