

# Broccoli Mushroom Soup

This is a rich creamy soup. You can hardly believe it is dairy free.

4 servings

2 cups chopped onion  
2 cloves garlic chopped  
4 cups vegetable or chicken stock  
2 cups sliced white mushrooms or porta bello or cremini  
1/2 cup raw cashews, soaked 4 hours  
1/2 cup fresh dill coarsely chopped  
4 cups broccoli, stems chopped, tops cut into small florets  
1 Tb tamari  
1 tsp fresh lemon juice  
Celtic Sea Salt and Pepper to taste

- Heat stock in a large saucepan. Add onions and garlic and bring to a boil.
- Add mushrooms and broccoli stems. Simmer for 10 minutes.
- Rinse and drain the cashews.
- Scoop out 1½ cups of the broth and blend with the cashews and dill. If you get a few mushrooms blended that is fine, but you want mostly the liquid. After blending, set aside.
- Add broccoli tops to the soup and simmer 5 minutes until broccoli is crisp tender.
- Reduce heat and add the blended cashews, tamari and lemon.
- Mix thoroughly. Add salt and pepper to taste.
- Serve