

# Cream of Broccoli Soup

This vegan cream of broccoli soup is made with a little bit of cashews to give it a rich creamy taste. It is paleo, gluten-free, grain-free, dairy-free!

Serves: 4

1/4 cup cashews, soaked for 4 hours if possible  
1 Tb ghee or coconut oil  
1 medium yellow onion, sliced  
2 cloves garlic, chopped  
1/2 tsp Celtic sea salt  
2 cups cauliflower, chopped  
6 cups vegetable or chicken broth  
4 cups broccoli, stems trimmed, chopped  
Fresh ground pepper  
1 cup broccoli florets cut into 1" pieces, steamed for garnish (optional)

- Heat oil in a soup pot on medium heat.
- Add onion and sprinkle with salt. Sauté on medium heat for 5 minutes without browning
- Add garlic, cauliflower and stock. Cover and bring to a boil. Reduce heat and simmer for 5 minutes,
- Add the broccoli. Simmer for 5 more minutes or until broccoli is tender.
- Drain and rinse the cashews.
- Add the soup and cashews to your blender. Puree until smooth. Return to pot. You can do it in batches if your blender is small.
- Season with fresh pepper, taste to adjust salt.
- Steam the 1 cup of broccoli florets, if using.
- Serve garnished with a few broccoli florets
- Store for up to 5 days in the refrigerator.