

Cream of Broccoli Soup

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

Step 1: Preparing Your Mise en Place

- 3/4 cup onions
- 2 cloves garlic
- 4 cups broccoli
- 4 tbsp butter*
- 4 tbsp all-purpose flour
- 4 cups liquid"

To prepare your mise en place, finely dice the onions and emince the garlic. Peel the broccoli stems (if there are any) and cut them into small, even pieces. Set aside. Chop the florets into small, even pieces and place into a separate bowl.

Measure out the butter, flour and liquid. Set aside.

*Note: The fat can be either oil or non-dairy butter.

**Note: The liquid can be any kind of clear stock, milk or even non-dairy milk.

Step 2: Making & Serving the Soup

- sea salt (to taste)
- freshly ground black pepper (to taste)
- 1/2 cup Cashew Cream

To make the soup, melt the butter in a medium-sized pot over medium-low heat. Add the onions and garlic along with a pinch of salt. Gently sweat until the onions are translucent, about 10 minutes.

Add the broccoli stems (if there are any) and stir to coat with the fat. Continue to sweat for a few minutes until somewhat softened.

Next, sprinkle in the flour and stir to combine. Temper in the liquid, a bit at a time. Turn the heat up to medium and bring the soup to a simmer. Stir often to make sure the bottom does not scorch.

Once the stems are nearly tender, add the florets along with a good pinch of salt. Let the soup gently simmer until the florets are tender and cooked all the way through. Once the florets are tender, add salt and pepper to taste.

At this point, the soup can be served as is in warmed bowls.

Alternatively, if you choose to blend the soup, transfer the soup to a blender and blend until smooth. You may need to do this in batches. Return the blended soup to a clean pot and bring just to a simmer. Next, add the Cashew Cream and stir to combine. Season to taste with salt and white pepper. Serve in warmed bowls.