

Dan's Favorite Cream Soup

Swick

Makes 5 servings | Active Time: 30 minutes | Total Time: 40 minutes

Chef's Notes

You can also use this recipe as a soup base to make cream of mushroom soup, bell pepper cream soup, and creamy tomato soup. Just substitute mushrooms, bell peppers, or tomatoes for the broccoli, cooking each until tender.

Step 1: Making the Soup

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| <ul style="list-style-type: none">• 2 tablespoons extra-virgin olive oil• 2 medium onions, diced• 4 stalks celery, chopped• 3 carrots, peeled and chopped• 3 cloves garlic, minced• Sprig of tarragon• 2 bay leaves• 7 cups chopped broccoli, packed• 4 to 6 cups water or vegetable broth (or half water and half veggie broth)• 3 to 4 tablespoons cashew cream, store-bought or homemade• Salt and pepper (optional) | <p>In a large soup pot over medium heat, heat olive oil and sauté onions, celery, and carrots for about 6-7 minutes.</p> <p>Add garlic and herbs and sauté for another minute longer; then add broccoli and vegetable broth or water and bring to a simmer. Cook until broccoli is very tender, about 8 minutes.</p> <p>Let soup cool for a few minutes, remove bay leaves, and then transfer soup to a blender, working in batches. Try not to fill blender more than halfway. Remove center of blender cap and cover with a dish towel.</p> <p>Add 3 to 4 tablespoons of cashew cream and blend soup until it's pureed. If using an immersion blender, add cashew cream directly to pot and puree until smooth. Add salt and pepper to taste.</p> |
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