



Vegan Broccoli Cheddar Soup

Ingredients

- 1 large head of broccoli, chopped into florets
- 1 large carrot, peeled and diced
- 1 small onion, diced
- 3 cloves garlic, minced
- 1 medium potato, peeled and diced (for creaminess)
- 1 cup raw cashews (soaked in hot water for 15 minutes if not using a high-powered blender)
- 4 cups vegetable broth
- 1 cup unsweetened almond milk (or any plant-based milk)
- 1/4 cup nutritional yeast (for a cheesy flavor)
- 1 tbsp miso paste (optional, for added umami)
- 1 tsp Dijon mustard
- 1/2 tsp smoked paprika
- Salt and pepper to taste
- Olive oil for sautéing

Instructions

1. **Sauté the vegetables:** In a large pot, heat a drizzle of olive oil over medium heat. Add the onion, carrot, and garlic, and sauté until the onion is translucent, about 5 minutes.
2. **Cook the broccoli and potato:** Add the broccoli florets and diced potato to the pot. Pour in the vegetable broth and bring to a boil. Reduce the heat and simmer for 15-20 minutes, until the vegetables are tender.
3. **Blend the cashews:** While the soup is simmering, drain the soaked cashews and blend them in a high-powered blender with the almond milk until smooth and creamy.
4. **Blend the soup:** Once the vegetables are tender, use an immersion blender to blend the soup until smooth (or carefully transfer to a blender in batches). If you prefer a chunkier texture, you can blend only half of the soup.
5. **Add the creamy cashew mixture:** Stir in the blended cashews, nutritional yeast, miso paste (if using), Dijon mustard, and smoked paprika. Simmer for another 5 minutes to allow the flavors to meld together.
6. **Season and serve:** Taste and adjust the seasoning with salt and pepper. Serve hot, optionally garnished with extra nutritional yeast, fresh herbs, or a drizzle of olive oil.