

Broccoli Potato Soup

Prep Time: 25 Minutes

Cook Time: 15 Minutes

Serves: 8 Servings

Level: Soups and Salads

Ingredients

- 1 large red onion finely chopped
- 4 large carrots thinly sliced
- 2 lbs yukon gold potatoes peeled & diced
- 19 oz can white kidney beans drained & rinsed
- 1 large broccoli cut into bite size florets, approx 8 cups of small florets
- 6 cups low sodium vegetable broth
- 1/2 cup nutritional yeast
- 1/2 tsp thyme
- 1/2 tsp garlic powder
- 1 cup unsweetened cashew milk or soy milk, or coconut milk
- sea salt to taste

Instructions

1. Add the onion and carrots to a large pot. Sauté until slightly softened, about 2 minutes
2. Add the potatoes, beans, broth, nutritional yeast, thyme and garlic powder to the pot and bring to a boil over high heat. Reduce heat and simmer until the potatoes are easily pierced with a fork, about 8 minutes. Then add the broccoli and simmer 5 more minutes.
3. Turn off the heat and using a slotted spoon, remove and set aside about 4 cups of the veggies. Then puree the remaining soup in the pot, using an immersion blender. Or you may transfer to a stand blender in batches, using caution when pureeing hot liquids. Return the reserved 4 cups of veggies to the pot, stir in the plant milk and taste for salt. I added 1/2 a teaspoon at this point, but salt to your taste. Then serve and enjoy.