

SOUP IT FORWARD THE SOUP SISTERS WAY!

Get ready to prepare Cream of Broccoli and Cashew Soup



Sarah Britton, the creator of My New Roots is a Holistic Nutritionist and whole-food chef who has been inspiring eaters since October 2007. Sarah writes a successful blog, has published two cookbooks, is the host of Food Network Canada's The Substitute Baker, and curates her own online wellness education platform, Grow. Sarah has been sharing her health-supportive edible creations for well over a decade and her deep love for nature's bounty shines through in all she creates! Her recipes and ideas revolve around the seasons and work to bring balance, support, and simplicity to everyday life, encouraging everyone to discover a whole new world of flavour and nourishment from their own kitchens.

Vegan

Gluten free



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by Sarah Britton



Although I've made it a habit to cover up the taste of broccoli more often than letting its true flavor shine through, this soup is different. First of all, it's mostly broccoli, and yet it is still scrumptious. It doesn't hide underneath crazy cheese sauce or dressing because it doesn't need to! It's rich and creamy, with a hint of spice that you can dial up or down depending on whom you're cooking for.

I used cashews to deliver that unctuous richness, and nutritional yeast to mimic the taste of dairy. Not only does this take the soup to a whole other level, but swirling that velvety cream through the bowl of green creates a beguilingly beautiful result—and it's fun for little kids to do.



cashew cream

- 1 cup raw cashews
- 1 ¼ cups water
- 1 ¼ tsp salt, divided
- 2 cloves garlic
- 2 tsp fresh lemon juice

soup

- 2 Tbsp coconut oil
- 1 lb onions, chopped
- ½ tsp salt
- 6 cloves garlic, minced
- Minced green chili to taste
- 6 cups vegetable stock
- 2 lb broccoli florets
- 1 cup packed parsley leaves and tender stems
- ½ cup nutritional yeast
- 2 tsp fresh lemon juice
- Salt and pepper to taste
- Red chili flakes for garnish (optional)



Nutritional yeast has a nutty, strong flavor and is often used to give a cheesy flavor to vegan dishes. Look for it in bulk or health food stores.



Cream of Broccoli Cashew Soup

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Makes about 6 servings

1 lb (500 g) Onions, chopped
1 knob (2 Tbsp) Coconut oil
½ tsp Sea salt
6 cloves Garlic, minced
2 lb (1 kg) Broccoli, cut into florets
6 cups Vegetable broth
Fresh green chili, minced (enough to suit your taste)
½ cup Nutritional yeast
1 cup packed Flat-leaf parsley leaves and tender stems only
2 tsp Lemon juice
Sea salt to taste
Chili flakes for garnish, if desired

Cashew Cream

1 cup (150 g) Raw cashews* (*Soaked in advance – see below*)
1 ¼ cup (300 mL) Water
1 ¼ tsp Salt, divided
2 cloves Garlic
2 tsp Lemon juice

1. Place cashews in a large bowl and cover with water. Add 1 teaspoon of sea salt, stir and let soak at room temperature for about 4 hours (overnight is fine). Drain and rinse.
2. Place cashews in a blender, add all other cashew cream ingredients and blend on the highest setting until completely smooth. Season to taste. Set aside.
3. Heat a knob of coconut oil in a large stockpot. When melted, add onions and a few pinches of sea salt, stir, and cook until the onions have softened, about 5-7 minutes. Add garlic and chili, stir, cook for 2 minutes. Next add the vegetable broth, and bring to a boil. Add the broccoli florets and simmer for just five minutes – do not overcook! The broccoli should be bright green and slightly *al dente*.
4. Remove about half of the cashew cream from the blender and set aside. Add the stockpot contents to the blender (you may need to do this in batches) and blend on the highest setting until smooth. Add the nutritional yeast, parsley, and lemon juice. Blend on high until smooth. Season to taste.
5. To serve, pour the soup into bowls. Add a few spoonfuls of the leftover cashew cream and swirl into the soup. Sprinkle with chili flakes and a couple parsley leaves. Enjoy hot.