

# Broccoli "Cheese" Soup

makes 8 servings

## Ingredients:

1 medium onion, chopped  
8 c low-sodium vegetable broth, separated  
6 T whole wheat flour  
8 oz grated Daiya cheddar-flavored cheese substitute  
2 lbs broccoli, frozen or fresh (no fibrous stalks)  
1/2 t sea salt (optional)  
pepper to taste



## Directions:

Separate 2 cups of the broth into a small bowl and whisk in the flour until no lumps remain.

In a large stockpot, dry sauté the onion, over medium-high heat, until somewhat translucent and softened.

Maintaining medium-high heat, add the 6 cups of broth into the pot. Re-combine the flour and 2 cups of broth briefly, and add that as well. Bring to a boil, stirring continuously to avoid the flour separating and sticking to the bottom of the pot. Once a boil has been reached, turn heat down to medium and continue to stir until thickened.

When the soup base has thickened up, whisk in the shredded cheese substitute until fairly well combined. It won't melt in quickly like ordinary cheese would, so just combine it as best as you can and the rest will be smoothed out later in the blender.

Add in the broccoli. If frozen, there is no need to thaw first. Lower to a simmer and cook until the broccoli is tender enough to puree. This may take 10-20 minutes. Once the broccoli is cooked, either use an immersion blender to puree most of the broccoli, or put batches through a blender (see note below) leaving about a quarter of the soup unprocessed so that there are remaining chunks of broccoli.

Add salt if desired, and grind in fresh pepper to taste. Serve while hot.

About the recipe...

Do not seal the blender lid tightly with hot liquid or it will build pressure and blow the lid off. Instead, remove the center knob of the lid and cover that space with a rag. This will let the steam through but not the soup.

We often make this recipe without the "cheese" and just enjoy some simple broccoli soup. I can promise you that it doesn't need the cream found in most recipes. This soup is thick and satisfying without added fats, veggie or otherwise.