

Vegan Broccoli “Cheese” Soup

By Kristen Smeal and adapted from a recipe at [Love and Lemons](#).

Ingredients

- 2 tablespoons extra-virgin olive oil
- ½ cup diced yellow onion
- ½ cup celery, chopped small
- ⅓ cup carrots, chopped small
- 1 lb. broccoli, stems diced, florets chopped
- 1 cup yukon gold potato, diced
- 4 garlic cloves, minced
- 4 cups low-sodium vegetable broth
- ½ cup raw cashews, soaked in warm water for 1 hour
- 1½ teaspoons apple cider vinegar
- 1/2 teaspoon Dijon mustard
- ¼ cup fresh dill (or 1 T. pickle juice)
- 1 tablespoon fresh lemon juice (omit if using pickle juice)
- ¾ teaspoon sea salt

Instructions

1. Preheat the oven to 350°F and line a small baking sheet with parchment paper.
2. Heat oil in a large pot over medium heat. Add the onion, celery, carrots, broccoli stems, salt, and pepper and sauté until softened, about 10 minutes. Add the potatoes and garlic and stir, then add the broth and simmer for 20 minutes until the potatoes are soft. Let cool slightly.
3. Place the broccoli florets in a steamer basket, and steam until broccoli is tender.
4. Meanwhile, place the bread cubes on a baking sheet. Toss with a drizzle of olive oil and a pinch of salt and roast until the bread is crispy, about 10 minutes (set a timer).
5. Transfer the soup to the blender and add the cashews, apple cider vinegar, and mustard, and blend until creamy. Work in batches, if necessary. Add the steamed broccoli florets, dill (or pickle juice), and lemon juice (unless omitted), and pulse until the broccoli is incorporated. The soup can be blended to the desired consistency, if it is too thick, add a bit of water.
6. Salt to taste and serve the soup in bowls with the croutons on top.

Notes and substitutions:

If you forget to soak the cashews, pour boiling water over them and soak for 10 minutes or place cashews in a microwavable dish with water and microwave on high for 2 minutes. I like to garnish with a drizzle of olive oil, croutons, and a shake of [vegan parmesan](#) or few shreds of [vegan cheddar](#). This is a great way to use up the stems of broccoli, which can also be diced and frozen. You can use any kind of mustard. I find that using honey or yellow mustard is more child-friendly than dijon or spicy mustard.

Try adding some jalapenos or try the recipe with cauliflower instead of broccoli.