Vegan Broccoli Soup

I love this creamy, tasty recipe that is truly vegan. Stir in coconut milk and nutmeg for an additional rich, nutty flavor.

Recipe by **Robin Da Silva** | Created on **Nov 13, 2021**

Ingredients

- 1 cup raw cashews
- 5 cups vegetable broth, divided
- 2 Yukon Gold potatoes, cut into 1/2-inch cubes
- 1 onion, finely chopped
- 4 ½ cups coarsely chopped broccoli
- 1 teaspoon dried basil
- 1 teaspoon fine sea salt
- ¼ teaspoon freshly ground black pepper

Directions

- Blend cashews and 1 cup vegetable broth in a blender until smooth, about 1 minute.
- Pour the remaining 4 cups vegetable broth into a large pot; add potatoes and onion. Bring to a simmer, cover, and cook for 5 minutes. Stir in broccoli and basil; return to a simmer. Cover and cook until potatoes are tender, about 10 minutes.
- Stir cashew mixture into soup; add salt and black pepper. Bring to a simmer and immediately remove from heat. Transfer about half the soup to a blender; blend until smooth. Return blended soup to pot and stir well. Serve immediately.

Nutrition Facts

Serving: **4 servings** | Calories: **353.4 kcal** | Carbohydrates: **44.6 g** | Protein: **12.8 g** | Saturated fat: **2.7 g** | Sodium: **1059.4 mg** | Fiber: **7.9 g** | Sugar: **9.4 g**

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