

# Dan's Favorite Cream Soup

*Swick*

Makes 5 servings | Active Time: 30 minutes | Total Time: 40 minutes

## Chef's Notes

You can also use this recipe as a soup base to make cream of mushroom soup, bell pepper cream soup, and creamy tomato soup. Just substitute mushrooms, bell peppers, or tomatoes for the broccoli, cooking each until tender.

## Step 1: Making the Soup

- 2 tablespoons extra-virgin olive oil
  - 2 medium onions, diced
  - 4 stalks celery, chopped
  - 3 carrots, peeled and chopped
  - 3 cloves garlic, minced
  - Sprig of tarragon
  - 2 bay leaves
  - 7 cups chopped broccoli, packed
  - 4 to 6 cups water or vegetable broth (or half water and half veggie broth)
  - 3 to 4 tablespoons cashew cream, store-bought or homemade
  - Salt and pepper (optional)
- In a large soup pot over medium heat, heat olive oil and sauté onions, celery, and carrots for about 6-7 minutes.
- Add garlic and herbs and sauté for another minute longer; then add broccoli and vegetable broth or water and bring to a simmer. Cook until broccoli is very tender, about 8 minutes.
- Let soup cool for a few minutes, remove bay leaves, and then transfer soup to a blender, working in batches. Try not to fill blender more than halfway. Remove center of blender cap and cover with a dish towel.
- Add 3 to 4 tablespoons of cashew cream and blend soup until it's pureed. If using an immersion blender, add cashew cream directly to pot and puree until smooth.
- Add salt and pepper to taste.