

Vegan Broccoli Potato Soup

Swick

Serves 1 | Active Time: 35 minutes | Total Time:

Chef's Notes

Nutrition Notes:

Calories 412, Total Fat 15.8 g, Sat. Fat 2.2 g, Sodium 700 mg, Total Carbs 52 g, Fiber 10 g, Sugar 14.3 g, Protein 23.4 g

Step 1: Make the Soup

- 2-3 Tbsp oil
- 1 large onion, diced
- 4 cloves garlic, minced
- 4 cups broccoli florets
- 12 oz yellow potatoes, sliced
- ½ tsp ground turmeric
- ¼ tsp smoked paprika
- Pinch of ground nutmeg
- 4 Tbsp flour
- 2 cups vegetable broth
- 3 cups non-dairy milk
- ¼ cup nutritional yeast
- Salt and pepper, to taste

In a large pot heat up your oil over medium heat. Once hot, add your onions and garlic. Cook for 2-3 minutes or until onions become translucent.

Add broccoli florets, potatoes, turmeric, paprika, nutmeg to the pot. Stir and cook for 3-5 minutes.

Sprinkle flour over the broccoli mixture and stir until the flour is mixed in. Add vegetable broth and non-dairy milk. Stir until evenly mixed. Bring to a boil and simmer for 10 minutes.

Stir in nutritional yeast and continue to simmer until it thickens, about 5-10 minutes. If you find the mixture is not thickening, stir in 1 Tbsp of cornstarch or flour to help thicken the soup to your desired consistency. Add salt and pepper to taste.

Serve right away and enjoy!