

Vegan Creamy Broccoli Soup



Source: Ricki Heller, Better Vegan Category: Vegan Soups and Stews

Prep Time: 10 min Cook time: 40 min Total Time: 50 min Serves 4 to 6

Oil-free version available (see notes)

Ingredients:

- 1 Tbsp. avocado oil (optional)
- 1 medium-size onion, chopped
- 1/2 cup raw walnuts
- 2 garlic cloves, minced
- 1 medium-size head broccoli, woody ends removed (stems are fine), trimmed and chopped (about 4 cups)
- 1/4 cup chopped fresh dill, or 1 Tbsp. dried, if you cannot get fresh
- 1 Tbsp. mild miso
- Pink Himalayan salt to taste
- Black pepper to taste
- 3+ cups vegetable broth
- 1 tsp. fresh lemon juice
- Fresh parsley leaves or fresh dill, finely chopped, for garnish

Instructions:

1. Prepare the ingredients.
2. Heat oil in large stockpot or Dutch oven over medium heat. Add onion and walnuts; cook, stirring frequently, until the onion is translucent, and the walnuts have begun to brown, for 8 to 10 minutes. Add garlic and cook for 1 more minute. Add the remaining ingredients, except for the lemon juice, and stir well. Bring to a boil, then lower the heat to simmer, cover, and cook until the broccoli is soft, for 10 to 15 minutes. Turn off the heat and allow the soup to cool somewhat.
3. Transfer the mixture to a blender, in batches if necessary, and blend until silky smooth. Return the soup to the pot if necessary to warm it through, for 5 to 10 minutes. Add the lemon juice and stir to combine. Serve.

Notes:

Do not use an immersion blender here, as it will leave a lot of texture in the soup, which may not be as pleasant to eat.

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Recipe Link:

<https://www.betterveganrecipes.com/vegan-creamy-broccoli-soup>

May be frozen.

For an oil-free version substitute avocado oil with vegetable broth or water.

Equipment needed:

Blender

Serving suggestion:

Serve with a dollop of [Vegan Sour Cream](#) and [Better Vegan Grain-Free Gluten-Free Bread](#).