

Cream of Broccoli Soup (hold the cream)

This soup has more broccoli in it than any other soup recipe we've come across- 20 cups! That's a lot of green. It makes enough to last a week or more, and is great for rainy days.

Ingredients:

- 1 medium onion, diced
- 6-8 cloves garlic, chopped
- 3 potatoes, chopped
- 6 heads of broccoli (about 20 cups), roughly chopped
- 1 32oz. container low sodium vegetable broth
- 2 cups non-dairy milk (rice, almond, hemp, etc.)
- 10 cups water
- ¼ cup arrowroot (or 5 T cornstarch), mixed and dissolved in ¼ cup cold water
- Salt and pepper to taste
- Nutmeg or cumin to taste
- Optional: cooked brown rice or potatoes, diced and boiled, for serving

Instructions:

1. Saute the onions and garlic in any liquid (water, veg broth, etc.) in an 8 quart pot over medium heat for about 3 minutes.
2. Add broccoli and potatoes. They should take up almost the entire pot.
3. Stir in the vegetable broth, non-dairy milk, and water. The liquid should cover the vegetables. If it does not, add more water.
4. Add the salt, pepper, and nutmeg or cumin, if using.
5. Cover the pot, increase the heat to high, bring to a boil, and reduce the heat to a simmer. Cook until the broccoli is very tender.
6. Blend with a hand blender (immersion blender) if you have one, or transfer the mixture to a regular blender a little at a time.
7. Return the soup to pot, and turn the heat to medium high. When the soup begins to simmer, add the arrowroot mixture.
8. Serve the soup as is, or pour it over brown rice or potatoes.

