

# DAIRY FREE BROCCOLI CHEDDAR SOUP (V, GF)

Servings - 4

## Ingredients:

3 C vegetable broth  
1 C unsweetened almond milk  
Florets from 1 large head cauliflower or 1 bag cauli florets  
1 medium russet potato, peeled and cubed  
salt and pepper  
1 TBS olive oil  
Florets from 1 large head of broccoli or 1 bag broccoli  
1/2 yellow onion, diced  
4 garlic cloves, minced  
1 C non-dairy shredded cheddar cheese

## Directions

1. Bring the broth and milk to a low boil and add cauliflower and potatoes. Set to simmer and cover, cooking for 8-10 minutes, or until everything is fork tender. Once done, use an immersion blender or a food processor to blend it all until you get a creamy consistency. Season with salt and pepper to taste.
2. While the veggies cook, heat the oil in a pan and add onion and garlic and a sprinkle of salt and pepper. Saute over medium heat for 3-5 minutes, or until onions have softened. Once done, add this mix into the pureed cauli/potato mixture.
3. Steam the broccoli until fork tender (do this in its own bag or in a bowl with a small amount of water, covered and microwaved for 2-3 minutes). Add the broccoli and cheese into the soup. Season it all with salt and pepper and serve!

