

RIDICULOUSLY EASY
CREAM OF BROCCOLI SOUP

2 bunches of broccoli or 1 broccoli and 1 head of cauliflower
2 large onions diced
6-8 cloves of garlic chopped
8 cups of vegetable broth
2 large potatoes peeled and cut into small pieces (white or Yukon gold or sweet potatoe)
 $\frac{3}{4}$ -1 cup of raw cashews (sold here in CR at Microbiotica)
Salt and pepper to taste.

Place vegetable broth, onion, garlic, potatoes, broccoli and cauliflower if using into a large pot bring to a boil. Reduce and simmer until broccoli and potatoes are fork tender.

In small batches mix soup and some of the cashews into a blender and blend until creamy. Be careful of the steam or let the soup cool for 20-30 minutes before pureeing. Return to the pot and salt and pepper to taste.

This is a hearty soup that goes great with fresh bread or buns.

By Kelly Berry
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