

Vegan Cream of Broccoli

Serves: 6

Preparation Time: 15 minutes

Cooking Time: 20 to 25 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 3 garlic cloves, minced
- 1 small onion, chopped
- 1 teaspoon dry mustard
- Salt and pepper to taste
- 1 large Yukon potato, peeled and medium diced
- 1 pound broccoli, stems and florets chopped
- 4 cups vegetable broth

DIRECTIONS

1. In a large pot over medium heat add olive oil. Add garlic, onion, dry mustard, salt and pepper and cook for about 1 minute while mixing.
2. Add potato, broccoli and mix well. Add broth and cook over medium low heat for 20 minutes or until the potatoes are soft.
3. Carefully transfer the soup to a blender and blend until smooth. Adjust consistency by adding extra broth.

