balancebody&soulnutrition

"Creamy" Broccoli + Swiss Chard Soup
6-8 servings
**Note: cashew cream requires soaking cashews for minimum 3hrs, plan ahead!*

2 small onions, chopped
4 cloves garlic, thinly sliced
4 medium carrots, chopped
2 celery stalks, chopped
1 bunch chard, cut into ribbons
1 1/2 bunches broccoli (assuming 2 heads per bunch), stems trimmed, and chopped
Handful fresh thyme
Handful fresh sage
Juice from 1/2 lemon
Pinch of chili peppers (optional – does not make soup spicy)
Full batch cashew cream (recipe below)
5 cups chicken or vegetable stock stock
Crumbled goat cheese (optional)

Make the Cashew Cream:

-Soak 1 cup raw cashews for at least 3 hrs, or overnight. Drain and rinse.
-Add 4 cups of water to a blender, then add drained cashews.
-Process in blender until smooth

Make the Soup:

Step 1 – heat oil in large pot over medium heat. Add carrots, celery, onion and garlic and cook, with lid on but slightly askew, until onions are translucent ad carrots are tender but holding their shape.

Step 2 – Add broccoli, chicken stock, thyme and sage. Bring to a boil, then reduce and simmer gently until broccoli is tender.

Step 3 – Remove from heat and puree using either handheld immersion blender, or in batches using a regular blender.

Step 4 – Return to low heat and stir in cashew cream, lemon juice, and chili peppers (if using). Taste, and season with a bit of salt of your stock did not contain any. Serve and top with a small amount of goat cheese.