

Creamy Broccoli Soup

Ingredients

1 Tbsp Olive oil
1 medium Onion finely diced
¾ Celery finely diced
3 C potatoes cut into small cubes
6 Cups Water
1 Tbsp McKay's Chicken style seasoning and broth
8 generous cusps of small broccoli florets
3 cups original almond milk unsweetened
3-4 Tbsp cornstarch
½ c +3 Tbsp nutritional yeast flakes
2 Tbsp margarine
2tsp salt or to taste

Directions

In a large stockpot, sauté the onions and celery in the olive oil until the onions are clear. Stir in the McKay's Chicken style seasoning and then add the water. Then add the seasoned water, potatoes and salt and bring to a boil. Reduce heat just until it is at a soft boil and cook until potatoes are tender. Add the broccoli and cook another 4-5 minutes or just until broccoli is tender.

In a small bowl mix the almond milk with the cornstarch. Use 4 Tbsp for a thicker soup or 3 Tbsp for a slightly thinner soup.

Pour cornstarch mixture into the hot soup stirring at the same time. Add the nutritional yeast flakes and margarine and stir well. Continue to cook until thickened making sure to stir often. Using an immersion blender, blend the soup until pureed but still leaving some chunky vegetables. If you do not have an immersion blender then put about half of the soup into a blender or food processor and process until pureed. Return the pureed soup back in the stock pot with the remaining soup and stir well. Serve hot.