



## Creamy Broccoli Soup

4 servings  
20 minutes

### Ingredients

- 1 tsp Avocado Oil
- 1/2 Yellow Onion (chopped)
- 2 Garlic (cloves, minced)
- 2 tbsps Arrowroot Powder
- 3 cups Chicken Broth
- 1 cup Canned Coconut Milk (full fat)
- 4 cups Broccoli (florets, roughly chopped)
- 1/4 cup Nutritional Yeast
- 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	214
Fat	13g
Saturated	10g
Carbs	17g
Fiber	5g
Sugar	4g
Protein	10g
Cholesterol	4mg
Sodium	911mg

### Directions

- 1 In a large pot or dutch oven over medium heat, add the avocado oil and then the onion. Cook for 3 to 4 minutes or until the onion becomes translucent. Add the garlic and cook for one minute. Add the arrowroot powder and chicken broth and whisk until no clumps remain.
- 2 Bring to a boil over medium heat, and then reduce to a simmer. Add the coconut milk, broccoli, nutritional yeast and salt and stir to combine. Cook for 10 minutes or until the broccoli is cooked through.
- 3 Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to three months.

**Serving Size:** One serving is equal to approximately 1.5 cups of soup.

**No Arrowroot Powder:** Use tapioca starch or cornstarch instead.

**More Flavor:** Add fresh herbs or additional vegetables.

**Make it Vegan:** Use vegetable broth instead of chicken broth.