

# Vegan Broccoli Cheddar Soup

All the taste of an original broccoli cheddar soup, without the cheese and added fat.

## Ingredients

---

Broth  
6 cups vegetable broth  
1 medium sweet potato, baked and skinned  
1 medium red potato, baked and skinned  
1 can great northern beans, 15 oz, drained and rinsed  
2 tablespoons nutritional yeast  
1 bay leaf  
1 pinch crushed red pepper flakes  
1 teaspoon salt  
½ cup water  
4 tablespoons cornstarch

Vegetables  
2 tablespoons olive oil  
2 medium yellow onion, chopped  
6 cloves garlic, minced  
½ tablespoon thyme, fresh, chopped  
½ cup carrot, matchstick  
2 cups red potato, peels and cut into 1/4 inch cubes  
8 cups broccoli, washed and trimmed into bite sized pieces



## Method

---

1. To prepare the broth, put 6 cups of broth in a large pot and heat over medium high heat.
  2. Place the baked sweet potato, baked red potato, northern beans, nutritional yeast, and salt in a blender or high powered mixer. Add 2 cups of the broth from the pot and mix on high until the puree is smooth. Add the mixture to the remaining pot of broth and stir well to combine. Add the red pepper flakes and bay leaf. Continue to heat over medium heat, bringing to a boil.
  3. In a small bowl, combine 1/2 cup of cold water and the cornstarch and whisk thoroughly. Slowly pour the mixture into the broth and continue to boil on low, stirring occasionally,
  4. Heat a medium pot over high heat. Add the olive oil and onions. Sauté for 4-5 minutes until the onions are soft and translucent. Add the garlic and sauté for another few minutes stirring often. Add the thyme, carrots, and potato and continue to sauté for another 2 minutes. Remove from heat and pour the mixture into the pot of broth. Add the broccoli. Reduce the heat to medium/low and simmer covered until the vegetables are soft. Serve hot.
-

Source: [The Ginger Veganista](#) (Yield: 8-10 bowls)

---