CREAMY BROCCOLI SOUP
(adapted from Isa Chandra Moskowitz, *Isa Does It*)



1/4 cup sherry
1 small onion or 1/2 medium onion, diced
3 cloves garlic, minced
4 cups chopped broccoli, stalks and florets (about 1 head)
1/2 cup peeled and chopped carrots
1 potato, peeled and diced
1/2 tsp ground turmeric
1/2 tsp salt
5 cups water or vegetable broth, or a mix

1/2 cup cashew butter
2 tbsp white or light miso
2 tbsp nutritional yeast
2 tbsp fresh lemon juice (juice of about 1/2 fresh lemon)
Freshly ground black pepper



Optional garnish:
Chopped tomatoes or red onion

Place 1/4 cup sherry in a large pot and sauté the onion just until softened, about 3 minutes. Add the garlic and sauté for 30 seconds or so, until just fragrant.

Add the broccoli, carrots, potato, turmeric, salt, and liquid. Bring to a boil, then lower the heat to a simmer. Partially cover, and cook for about 10 minutes until the vegetables are tender.



In a small bowl, whisk the cashew butter with an equal amount of water, adding it gradually. Whisk in the miso along with a little more water to make a liquid that will blend easily with the soup without clumping. Add the cashew mixture along with the remaining ingredients to the soup. Use an immersion (stick) blender to purée the soup, so that only tiny bits of veggies are visible; or, purée in a regular blender in batches. You can blend the soup only partially if you desire. Serve hot.

Variation: For a lower-fat soup, you can substitute 1/2 to 1 can of white beans for the cashew butter. Or add them!